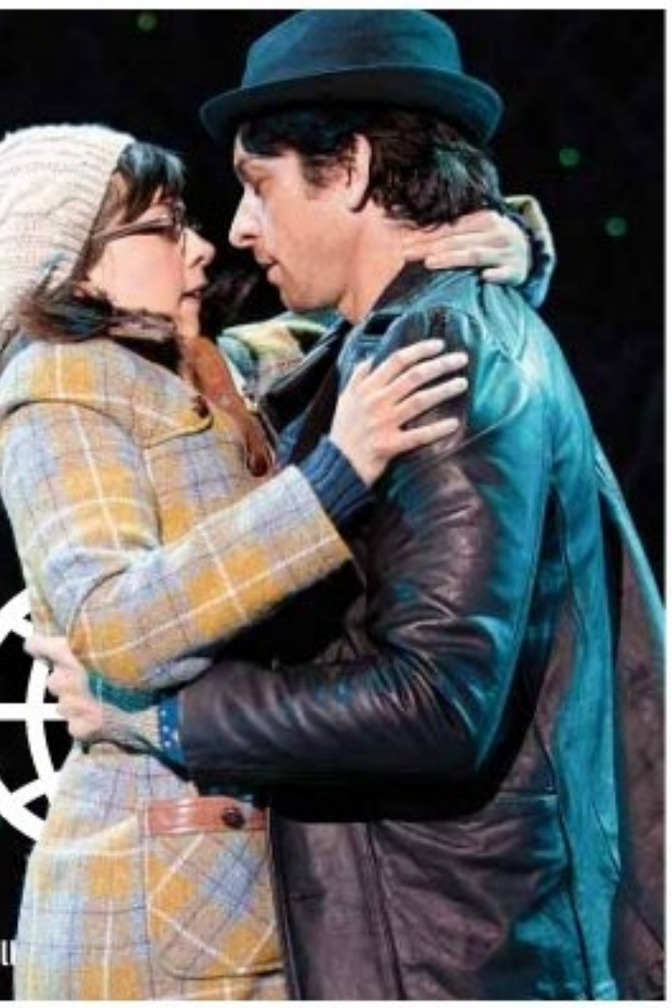
‘ROCKY’ GONNA FLY NOW

BUT PATIENCE IS REQUIRED TO ENJOY THIS BROADWAY MUSICAL. PAGE 13



metro

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Monday, March 31, 2014 www.metro.us | t: MetroPhilly | f: MetroPhill

The Phillies have a chance in 2014 if... and... but...

Ryan Howard returns to MVP form, hitting 30 homers and driving in 100 runs.

Cliff Lee continues his strong spring performance, backed by a revitalized bullpen.

The team begins the season with seven players on the disabled list, including Cole Hamels. PAGES 25-28

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1 NEWS

Top 3

What's trending at Metro.us

1 'VIDEO: 'Teenage Mutant Ninja Turtles' 2014 official movie trailer plus creepy GIF'

2 'Elton John to be a May groom'

3 'Piers Morgan bids farewell to CNN with plea for gun control'

Local Tweet

"I am not and never have been part of any gang. ... I work very hard on and off the field, and I am a good person with good values. I am proud of the accomplishments I have made both on and off the field."

Receiver DeSean Jackson's response after being released by the Eagles

It's a boy for My Special Girl, Penn Vet's live birth

Success. The birth was watched by tens of thousands around the world.

A colt, whose birth was streamed live on the Foal Cam as part of a Penn Vet initiative, was welcomed into the world by mother My Special Girl and veterinarians on Saturday.

And starting today, the public will help decide his name in a weeklong poll.

The live-streamed birth also represents the group's first successful artificial insemination. More than 130,000 tuned in to the Foal Cam.

But the birth wasn't without complications, said Jonathan Palmer, chief of the neonatal intensive care service at Penn Vet's New Bolton Center. The colt came out a "bit depressed and not responding as well as we'd like to see him."

The foal was administrated medication to stimulate his heart rate, and both mom and baby are being monitored. "We don't anticipate that he's going to have other problems."

My Special Girl is a bit overwhelmed as a first-time mother, but her instincts are kicking in, the doctor said.

The colt weighed in at 104 pounds and measured nearly 40 inches from crown to tail. He was delivered at 9:22 p.m. Saturday.

Mother and baby will remain in Penn Vet's intensive care unit for a few more days, then they will be transferred to the reproductive unit. My Special Girl will nurse her colt for about six months.

The colt will live on a nearby farm with a vet official and be trained as a sport horse.

CHRISTINA PACIOLLA
@cpaciolla
christina.paciolla@metro.us

My Special Girl and her new colt are bonding quickly. / PENN VET

Councilwoman's home burglary, arson target

Maria Quinones-Sanchez
PROVIDED

Police have arrested a man who they say broke in and burglarized a North Philadelphia home owned by city Councilwoman Maria Quinones-Sanchez early Friday before setting it ablaze.

Edwin Diana, 23, of the 2100 block of Palethorpe Street, turned himself in to police over the weekend. He was charged with burglary, arson and related offenses.

Police said Diana lit two fires before 5:30 a.m. on March 28 inside a home owned by Quinones-Sanchez and her husband on the 2000 block of North Hancock Street. Neither Quinones-Sanchez nor family members were at home.

The next day, a search warrant was obtained for Diana's home, where detectives reportedly recovered electronics that were stolen from Quinones-Sanchez's home.

Police also reportedly were able to recover from pawn shops jewelry and other items allegedly stolen from Quinones-Sanchez's home.

TOMMY ROWAN

Arson charges

After grabbing electronics, jewelry and other possessions, Diana allegedly set two fires about 5:30 a.m., according to police.

- Quinones-Sanchez told NBC 10 that she and her husband were renovating the home.

Fatal shooting

Man killed overnight at Logan house party

A 39-year-old man was shot and killed after a fight broke out about 3 a.m. during a house party in Logan on Old York Road and Albanus Street early Sunday morning, reports say.

During the brawl, a man reportedly opened fire with two firearms while at the party.

The victim was struck several times in the chest and was pronounced dead at 3:30 a.m., according to officials.

Investigators were unsure whether the victim was a bystander or he had been involved in the brawl.

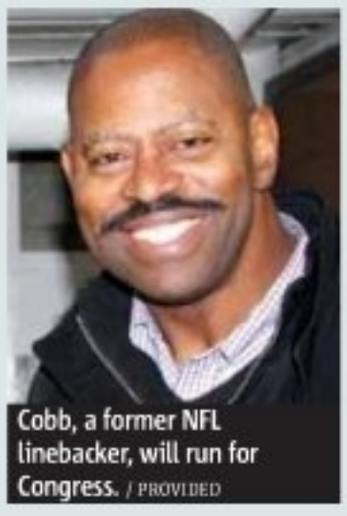
METRO

Going the distance

Former Eagle Garry Cobb to run for Congress

Garry Cobb, a former Philadelphia Eagles linebacker, will today announce his plans to run for New Jersey's open seat in the U.S. House of Representatives.

Cobb, who lives in Cherry Hill, will run as a Republican in a Democratic stronghold.



Cobb, a former NFL linebacker, will run for Congress. / PROVIDED

The sports radio host on 94WIP is hoping to represent the First House District in Camden County. The seat was vacated in February by Democrat Rob Andrews, who had held the position for more than 20 years.

Cobb will face off against New Jersey state Sen. Donald Norcross.

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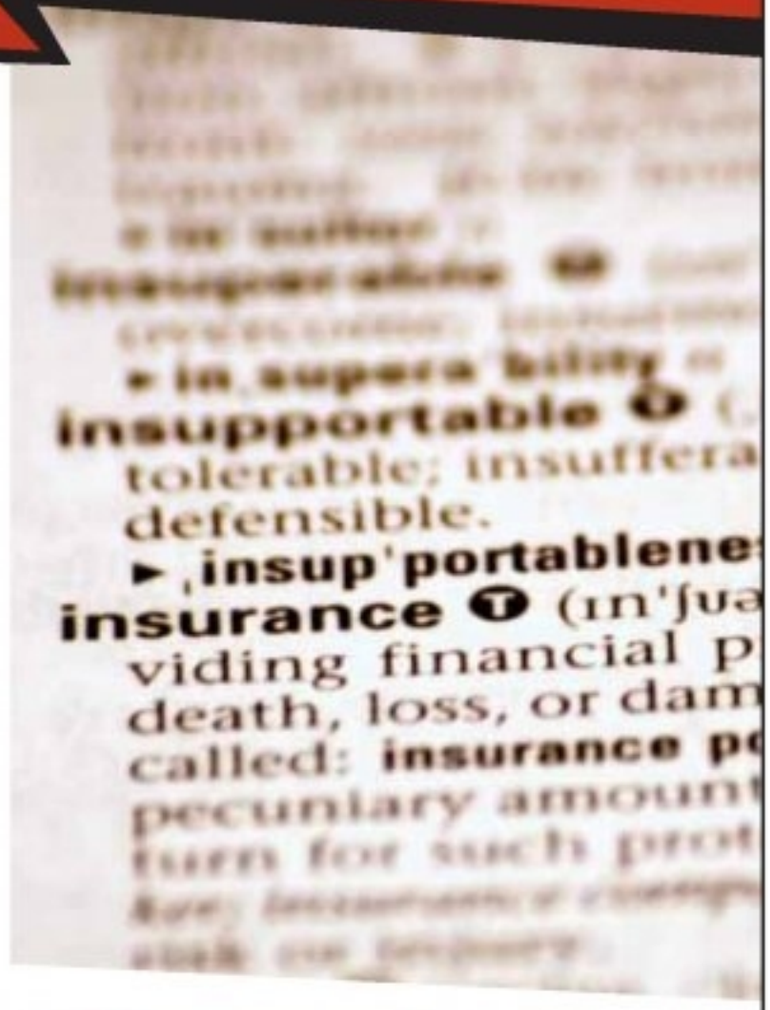

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Give us more. TEDx could become annual event in Philadelphia

Thaddeus Squire said three events in five years just isn't enough.

Squire, who co-organized last week's TEDx Philadelphia conference, said during the event that the city needs an annual showcase.

"We want to welcome TEDx as an annual event," Squire said, "and share our great ideas."

The city hosted its third official TEDx conference over the weekend after a two-year hiatus.

In 2010, there was the theme of "Right Here, Right Now," and in 2011, the theme of "The City" was championed. This year's event was all about "The New Workshop of the World."

The original TED talks were created as global conferences that shared innovative ideas in technology, entertainment and design in short presentations. TEDx, which are locally organized, emphasize local leaders discussing ideas for local transformation.

This year's event sold out the 1,148-seat auditorium, and nearly the same amount had signed up for a waiting list. Squire wants the conference to grow with the city.

"We have ideas we want to share," he said.

TOMMY ROWAN

Highlights

- Natalie Nixon, associate professor of Fashion Industry Management at Philadelphia University, spoke about jazz and how it could help form the next generation of corporations.
- Jim MacMillan, one half of Gun Crisis, stunned the audience with graphic photos and shocking statistics.

Last chance for Obamacare sign-ups

Volunteers Steve Lott, left, and Darryl Goodwin canvass a neighborhood in North Philadelphia on Sunday, knocking on doors to advise people of today's deadline to sign up for health insurance through the HealthCare.gov exchange. Project Home will have a health care nagivator at St. Elizabeth's Wellness Center at 1845 N. 23rd St. today from 11 a.m. to 9 p.m. to guide applicants through the enrollment process. Walk-ins are welcome. / CHARLES MOSTOLLER, METRO

Homicide

Lawncrest man stabbed to death early Sunday

A Lawncrest man was stabbed to death early Sunday morning, reports say.

Philadelphia police were reportedly called to the 6100 block of Hasbrook Avenue about 5:45 a.m. Sunday to stop a confrontation between a man and a woman.

When police arrived, the man was found riddled with stab wounds. He was pronounced dead at the scene, reports say.

According to reports, witnesses saw a woman covered in blood hop into a car and flee in the early morning hours.

Recently, crime has spiked in Northeast Philadelphia. A mother and son were executed in January, and three men were killed in February. METRO

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SEPTA GM ON EL TRAIN SERVICE

Ask SEPTA

JOE CASEY

SEPTA GENERAL MANAGER

Send your questions about SEPTA services and other issues about the transit agency to christina.paciolla@metro.us.

Why do the newer El trains run so slowly? The old trains were able to zip around York/ Dauphin in seconds flat.
BARBARA TARVYDAS

The scheduled running time from FTC to 69th Street has changed by only one minute in the last 28 years. The curve at York/Dauphin has always had a speed restriction of 15 mph. The difference you may be experiencing is that in 2003, SEPTA installed an Automatic Train Control system which prevents the train from exceeding the maximum allowable speed. SEPTA strongly believes that the effective installation and maintenance of the ATC system has improved the overall safety of the Market-Frankford Line with minimum impact to our running time.

When will SEPTA be upgrading the software and hardware to provide predictability in terms of minutes until the next bus arrives at a given stop? SEPTA's current system is very old and antiquated and does not provide real-time information. Nextbus and Cubic, as well as Avail, make hardware for this much needed upgrade. Will SEPTA be following with hardware and software upgrades to provide more frequent vehicle location data? R. GRINT

Quoted

SEPTA is presently developing new technology systems to provide accurate vehicle arrival information that will be ported to our electronic signage as well as our website.

Presently, SEPTA employs legacy scheduling systems built more than 20 years ago that use a three-minute polling cycle as the sole means for gathering vehicle arrival information. However, we recognize that by today's standards, that is far from acceptable. That's why SEPTA is presently developing new technology systems to provide accurate vehicle arrival information that will be ported to our electronic signage and our website. Transportation funds provided by the recently passed ACT 89 will allow us to upgrade this system, as well as undertake numerous other capital improvement projects.

Are there plans to restore trolley service on Routes 23 and 56 in the near future? The trolleys carry more passengers than the 40-foot buses.
ERICK RICHARDSON

SEPTA does not have immediate plans to restore trolley service on Routes 23 and 56. SEPTA's recently announced "Catching Up" Capital Plan begins to address our $5 billion State of Good Repair backlog of infrastructure and vehicle replacement needs. The program includes new trolleys to replace SEPTA's existing fleet of trolleys and historic streetcars, which currently operate on the subway-surface routes and Girard Avenue.

Metro does not endorse the opinions of the author.

A hat for every occasion — especially a rainy spring day

Trollyworks Big Bus tour guide Bill Benkert wears an overcoat and a tricorner hat to stay dry on a rainy Sunday afternoon in Philadelphia. The rain only let up a few times all weekend.

CHARLES MOSTOLLER, METRO

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Mudslide. Small-town Washington state mayor finds new role

Days after the mudslide left dozens dead and missing, Dan Rankin stood in a high school gymnasium and hugged tight a teenage girl reeling from the loss of her sister.

Before the March 22 disaster, Rankin's main tasks as mayor of the small logging town of Darrington, Wash., included overseeing town council meetings and resolving property line disputes in the community of about 1,350 people.

But since the mudslide about 10 miles west of town, Rankin's job has been transformed into that of comforting the grieving and articulating their anguish to the outside world.

"That scar on the mountain will never heal, nor will the scar in our hearts ever heal," Rankin, 52, told reporters. REUTERS

Remembering the lost

Churches honor victims

Churches offered prayers for the victims of last week's devastating mudslide in Washington state as the death toll from the disaster kept rising but the number of missing fell sharply.

The presumed body count rose to 28 on Saturday. But despite the grim toll, news also came that the number of missing fell to 30 from 90 as officials were able to account for dozens of people as "safe and well."

Funeral preparations are also beginning for those lost in the tragedy. REUTERS

Long search looms for missing Malaysia jet

Australian defense force ship. It has been fitted with a US black box locator and an underwater drone.

Malaysian officials observe a moment of silence in memory of the 239 people killed in the flight MH370 prior to the Malaysia Formula One Grand Prix in Kuala Lumpur, Malaysia. / GETTY IMAGES

The search for missing Malaysia Airlines Flight MH370 could take years, U.S. Navy officials suggested on Sunday, as search and rescue officials raced to locate the plane's black box recorder days before its batteries are set to die.

Ten ships and as many aircraft are searching a massive area in the Indian Ocean west of Perth, Australia, trying to find some trace of the aircraft, which went missing more than three weeks ago and is presumed to have crashed.

The chief of the China Maritime Search and Rescue Center, He Jianzhong, told the Xinhua state news agency no objects linked to the plane had been found on Sunday, and that Chinese vessels would expand their search area.

U.S. Navy Capt. Mark Matthews, who is in charge of the U.S. Towed Pinger Locator, told journalists at Stirling Naval Base that the lack of information about where the plane went down seriously hampers the ability to find it.

"Right now the search area is basically the size of the Indian Ocean, which would take an untenable amount of time to search," he said.

"If you compare this to Air France flight 447, we had much better positional information of where that aircraft went into the water," he said, referring to a plane that crashed in 2009 near Brazil and took more than two years to find.

The U.S. Navy cannot use the pinger locator and other sonar used to listen for the beacons on the aircraft's flight data and cockpit voice recorders until "conclusive visual evidence" of debris is found, U.S. Navy spokesman Cmdr. William Marks told CBS' "Face the Nation" program. REUTERS

Search area

685

Numerous objects have been spotted in the two days since Australian authorities moved the search 685 miles after new analysis of radar and satellite data concluded the Boeing 777 travelled faster and for a shorter distance. None has been confirmed as coming from Flight MH370.

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Top US general returning to Europe over Ukraine crisis

Tensions. The West threatened tougher economic sanctions against Russia if Moscow invades eastern Ukraine.

A woman and a child walk past police during a rally in the Ukrainian city of Kharkiv. / GETTY IMAGES

America's top general in Europe has been sent back early from a trip to Washington in what the Pentagon on Sunday called a prudent step given Russia's "lack of transparency" about troop movements across the border with Ukraine.

Gen. Philip Breedlove, who is both NATO's Supreme Allied Commander Europe and the head of the U.S. military's European Command, arrived in Europe on Saturday evening. He had been due to testify before Congress this week.

Defense Secretary Chuck Hagel considered Breedlove's early return "the prudent thing to do, given the lack of transparency and intent from Russian leadership about their military movements across the border," a Pentagon spokesman said.

The Pentagon announcement came as Secretary of State John Kerry and Russian Foreign Minister Sergei Lavrov met in Paris seeking to hammer out the framework of a deal to reduce tensions over Russia's annexation of Ukraine's Crimea region.

Their aim is to develop a proposal conceived by Kerry and Lavrov at earlier sessions, with Western leaders considering broader sanctions against Russia that would target vital sectors of its economy, including its mainstay oil and gas industry. REUTERS

Reaching out

Russia: No plan to invade Ukraine after phone call

Moscow said it's making headway with the U.S. and the European Union in resolving the dispute in Ukraine after presidents Vladimir Putin and Barack Obama spoke. In a telephone conversation initiated by Putin, Obama asked for a written response from the Russian leader to a plan Secretary of State John Kerry presented in The Hague earlier this week, according to a statement from the White House.

Putin is changing tack a week after signing legislation to complete Crimea's accession to Russia. BLOOMBERG

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Electoral officers count ballots at a polling station in Istanbul. / GETTY IMAGES

Erdogan says Turkish vote will bolster him in power struggle

The trail. He has crossed the nation during a hectic campaign to rally his conservative voters.

Prime Minister Tayyip Erdogan said Sunday's bitterly contested local elections would affirm his legitimacy in battling graft allegations and security leaks, which he blames on "traitors" within the Turkish state.

The municipal elections have become a crisis referendum on Erdogan and his Islamist-rooted AK Party after weeks of scandal, which he has cast as a "dirty campaign" of espionage to topple him after more than a decade in power.

Early results broadcast on Turkish television, with less than a fifth of votes counted, put the AKP ahead with between 44 and 48 percent of the vote. AKP needs to exceed its 2009 result of 38.8 percent to assert Erdogan's authority for a power struggle certain to continue after the polls.

Istanbul and Ankara, the two biggest cities, are expected to be particularly close. Two buses of riot police stood ready in Istanbul's plush Nisantasi neighborhood, one of several districts rocked by anti-government protests last summer.

"Today it is what the people say which matters rather than what was said in the city squares," he told reporters, as supporters chanted "Turkey is proud of you" outside. REUTERS

Quoted

"Once the ballot boxes are opened, the rest is only footnotes to history."

Erdogan, as he voted in Istanbul

Round one

Egypt to hold presidential election

Egyptians will vote on May 26 and 27 in the first round of a presidential election, the organizing body said on Sunday, a contest former army chief Abdel Fattah al-Sisi is expected to win easily.

Sisi has been riding a wave of backing from supporters who see him as the man who can save Egypt from crisis. But the Islamist opposition views him as the mastermind of a coup. REUTERS

Economic crisis. Great Indian election: It's about creating jobs

Old enough to vote for the first time, student Sheeba Shamim, the daughter of a middle class family, and young construction workers sweating on a nearby building site are impatient for a government in India that delivers jobs and hope for the future.

They are among more than 100 million registered new voters, who will cast their ballots when the world's biggest democracy holds a general election that will run from April 7 to May 12.

The election comes as India struggles through its longest period of sub-5 percent economic growth since the 1980s. Job growth has slowed and infrastructure projects stalled just as the biggest youth bulge the world has ever seen nears its peak in a country where more than half its 1.2 billion people are aged under 25.

"I want India to become the world's biggest economy," Shamim said. REUTERS

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Saudi family dynasty moves to forestall crisis of succession

Transition. Over the past two years, Abdullah has made a succession of appointments.

King Abdullah bin Abdulaziz walks past his honor guard. / GETTY IMAGES

Saudi Arabia's appointment of Prince Muqrin as deputy crown prince is a first step toward addressing its biggest dynastic challenge for 50 years and forestalling a possible succession crisis in the world's top oil exporter.

The ruling al-Saud family is fast approaching the moment when it must decide how to jump down a generation from a line of brothers born to the country's founder King Abdulaziz to their sons and nephews, a process fraught with difficulty. For a dynasty that now sees itself as governing a rare island of stability in a region aflame with conflict and political discord, and facing looming demographic challenges, that decision is growing increasingly urgent.

"There is no alternative. You have no choice. There should be clarity and there should be a correct approach to succession," said Khaled al-Maeena, editor-at-large of Saudi Gazette.

REUTERS

Branches of descendents

40

Any jostling for power among the 40-odd branches of King Abdulaziz's descendents is kept carefully hidden behind the doors of royal palaces.

Rejected argument

Apple, Google lose bid to avoid trial on worker lawsuit

A U.S. judge rejected a request from Apple, Google and two other tech companies to avoid a trial in a class action lawsuit alleging a scheme to drive down wages.

Tech workers sued the companies alleging they conspired to avoid competing for each other's employees in order to avert a salary war. Trial is scheduled to begin in May.

Apple, Google, Intel and Adobe asked for a judgment in their favor without a trial, arguing any no-hire agreements between the companies were reached independently, and were not part of an overarching conspiracy. U.S. District Judge Lucy Koh in San Jose, Calif., however, rejected that argument.

REUTERS

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2 CULTURE

Music news

Hip-hop star shot by nephew during mother's funeral procession

The nephew of Raymond Scott (aka Benzino) allegedly shot his uncle during a family funeral procession in Massachusetts on Saturday. Benzino is a star on "Love & Hip Hop Atlanta" and is the co-founder of popular hip-hop magazine The Source.

Prosecutors said Scott and Benzino were driving next to each other during a funeral procession when the younger Scott, riding in his Bentley, allegedly shot at his 48-year-old uncle, who was driving a red Dodge SUV. The funeral procession was for Benzino's mother, Mary Scott.

"There has been growing family tension between Raymond Scott and Gai Scott," the Plymouth County district attorney's office said in a statement.

Authorities said Gai Scott fired several times, but did not say how many times Benzino was hit. He suffered injuries that were not life-threatening, authorities said.
MICHAEL NAUGHTON

JASON BELL, CAMERA PRESS VIA GETTY IMAGES

Prince George and Lupo crush it in new royal photo

The royal family has released a new official photo, and if it were any more adorable it would be a Buzzfeed quiz about kittens. The photo was taken as Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, look out a window at Kensington Palace while Prince George of Cambridge and Lupo (he's the family dog and does not get a fancy title) gaze adoringly into each other's eyes. In case you can't see, Prince George's sweater says "George" across the front in white stitching — like he isn't the most famous 8-month-old in the world.

Slimed at the Nickelodeon Kids' Choice Awards

You have to kind of love the Nickelodeon Kids' Choice Awards — it's a chance for stars to get down, dirty and watch Adam Sandler finally win an award that isn't a Razzie.

Mark Wahlberg was the host of Saturday's shindig — he managed to go the entire night without getting slimed until the very end, thanks to comedian Kevin Hart as well as Wahlberg's three kids. "I can't believe my own kids turned on me," he yelped after getting drenched.

Magician David Blaine slimed himself in a crazy trick that made him appear to lose his own head (and what came out was slime instead of blood). Austin Mahone and Cody Simpson both got slimed, as well as Pharrell Williams (tricked out in SpongeBob SquarePants pajamas) and Kaley Cuoco-Sweeting.

Robert Downey Jr. did not get slimed — maybe because he won for best male buttkicker. "This is the highest honor yet bestowed on me. I'm grateful, humble, the whole deal," the "Iron Man" star said. "You know I wasn't always a buttkicker. In fact, life has kicked my proverbial butt countless times in many ways for many years, until I decided one day to start kicking back. Now look at me!"

Kaley Cuoco-Sweeting and Pharrell Williams got hit with the green stuff. / GETTY IMAGES

2014 Nickelodeon Kids' Choice Awards winners:

- **Favorite TV Show:** "Sam & Cat"
- **Favorite Cartoon:** "SpongeBob SquarePants"
- **Favorite TV Actor:** Ross Lynch, "Austin & Ally"
- **Favorite TV Actress:** Ariana Grande, "Sam & Cat"
- **Favorite Movie:** "The Hunger Games: Catching Fire"
- **Favorite Movie Actor:** Adam Sandler, "Grown Ups 2"
- **Favorite Movie Actress:** Jennifer Lawrence, "The Hunger Games: Catching Fire"
- **Favorite Animated Movie:** "Frozen"
- **Favorite Music Group:** One Direction
- **Favorite Male Singer:** Justin Timberlake
- **Favorite Female Singer:** Selena Gomez

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Talking point

Paltrow and Martin to share giant house

I would think that the best thing about divorce is not being around your former spouse anymore. In fact, that is more or less what divorce is. However, GOOP maven Gwyneth Paltrow always has to forge her own path, and her "conscious uncoupling" is no exception: Apparently, Chris Martin is only uncoupling as far as the guest bedroom.

Paltrow and Martin closed on a $14 million Malibu mansion just days before news broke of their split. Sources say it'll be home base for both of them, according to Page Six.

A $14 million mansion must be pretty big. Gwyneth and Chris should be able to keep out of each other's way. They'll be at least as far apart as my neighbor across the air shaft and I are, and I know nothing about that guy except what time his alarm goes off and where he works and how often he fights with his girlfriend. Hmm, maybe they should consider a second $14 million mansion? MELINDA TAUB

‘Rocky’ describes the play perfectly

All of the magic happens in the ring in the last 20 minutes of “Rocky.” / MATTHEW MURPHY

Theater. The movie franchise comes to the stage — this time, it’s a musical.

After about two hours of lackluster development, “Rocky” — the musical adaptation of the film that put Sylvester Stallone (and Philadelphia) on the map — bursts into glorious life as Rocky (Andy Karl), the Italian Stallion, meets his nemesis, Apollo Creed (Terence Archie), in a championship bout bristling with electricity.

Rocky, a two-bit palooka past his prime, got the match on a fluke. Undefeated Creed is his antithesis: smooth, confident and always flanked by three eye-catching Apollo girls.

Director Alex Timbers boldly thrusts the boxing ring into the orchestra for the match, dispatching patrons to bleachers onstage. Rocky enters with modest fanfare. Creed appears as a star-spangled Uncle Sam, with enough wattage to light up Philly, where the musical takes place.

Once the fight begins, the excitement never stops. Rocky starts out slow, but soon finds his momentum as the boxers exchange blow after blow in a perfectly choreographed dance of destruction. It’s nothing short of spectacular.

A climactic climax is a good thing, but so is a buildup that builds up. “Rocky” is decidedly short on the latter. Rocky woos and wins girlfriend Adrian (Margo Seibert) and trains intensely for the fight, but there’s little dramatic spark. Rather than move the plot forward, songs seem to slow it down. Character traits are communicated with a sledgehammer. Rocky is dumb and Adrian shy, and, lest we forget, we’re told again and again. Savvy use of back-projections doesn’t help.

“Rocky”’s 20-minute finale is so exhilarating you might forget the flatness that precedes it. It’s a terrific payoff, but it comes at a cost.

MICHAEL BRACKEN
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letters@metro.us

If you go

‘Rocky’

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Second coming. Amy Winehouse to (maybe) become a hologram

Amy Winehouse may rise again to embark on a world tour — as a hologram.

Billionaire Alki David says he’s planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse’s career going. “With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits,” David tells the Sun.

The English singer died in the summer of 2011 following a longtime battle with substance abuse. Her 2003 album “Frank” met with accolades, but it was the 2006 record “Back to Black” that led her to win five back-to-back Grammys. Her many successes could not curb her addiction to drugs and drinking, which quickly took a toll. Her last recording was a duet with Tony Bennett.

Amy Winehouse may have a Tupac moment and perform as a hologram with an orchestra. / GETTY IMAGES

Quoted

“With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits.” Alki David, billionaire

While initial reports suggested that Winehouse’s father, Mitch Winehouse, is on board with the plan, he apparently isn’t. “No truth in the hologram story. Utter rubbish as usual,” Mitch posted to Twitter this weekend. METRO WORLD NEWS

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TV watch list

Comedy

'How I Met Your Mother'

The long-running sitcom hits the final installment of its experimental "every episode takes place over the same weekend" season, as Ted presumably meets his future wife. **TONIGHT AT 8 , CBS**

Reality

'Dancing with the Stars'

Robin Roberts appears as a guest judge this week. The theme for the dancers this episode? "Most Memorable Year." **TONIGHT 8 P.M., ABC**

LISA WEIDENFELD

Weekend box office. God smites Schwarzenegger but saves 'Noah'

Luckily for "Noah," the only flood was one of cash money.
PARAMOUNT PICTURES

"Noah," starring Russell Crowe as the biblical figure who built an ark to save his family and specimens of every animal from the great flood, collected $44 million in domestic and Canadian ticket sales to lead the weekend box office.

It sailed past last weekend's winner, "Divergent," based on the novel by Veronica Roth about a dystopian world divided into factions. "Divergent" collected $26.5 million and a total of $95 million since its March 21 release.

"Muppets Most Wanted," starring Ty Burrell, Tina Fey and Jim Henson's furry puppets, was third with $11.4 million in ticket sales from Friday through Sunday, according to estimates provided by Rentrak.

In fourth place, the animated film "Mr. Peabody & Sherman" collected $9.5 million in ticket sales, pushing its take in domestic theaters to $95 million.

Rounding out the top five, "The Grand Budapest Hotel," director Wes Anderson's offbeat look at a rundown hotel and its scheming concierge, expanded its run to nearly 1,000 theaters from 300 last week and generated $8.8 million in ticket sales.

The weekend's other widely distributed new film, the thriller "Sabotage," sold just $5.3 million worth of tickets for the seventh spot — another disappointment for one-time box office superstar Arnold Schwarzenegger, after "The Escape Plan."

"Cesar Chavez," starring Michael Pena as the labor leader who organized U.S. farm workers in the 1970s, sold $3 million and was in 12th place, despite playing in fewer than 700 theaters. **REUTERS**

The envy of us all

"Friends with Better Lives" premieres tonight at 9 on CBS. / TRAE PATTON

Sitcom. "Friends with Better Lives" looks at the peer pressure of social media.

Keeping up with the Joneses used to require a peek over the white picket fence. Thanks to social media, you now have to keep an eye on fabulous vacation photos on Instagram, drool over restaurant-worthy cookies on Pinterest and monitor everyone's running progress through Nike+ on Facebook. At least, that's the premise of the new CBS sitcom "Friends with Better Lives."

"The show examines friendship through that 'grass is always greener' lens," says Dana Klein, creator and executive producer of the show. "I mean, I can barely open my computer without feeling like I failed in a million different ways. Someone's got the perfect family, the perfect kids, the perfect job, the perfect body. It's human nature to want what we don't have."

"I've got all those things," interjects star James Van Der Beek.

It's an off-handed joke, but one that exemplifies the show's biting humor about modern friendship. The series follows six people at different stages in their lives — married, divorced, newly engaged and single — and examines how that in itself can create jealousy. The harried mom longs for a night out with her girlfriends; the single gal wishes she could meet the right guy and start a family. "That's sort of what friendship is," Klein says. "It's this constantly moving pendulum between pity and envy… with the undercurrent of love. Because if these friends didn't love each other, then the pity and the envy wouldn't be as funny."

AMBER M. RAY
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Meet the 'Friends'

- **James Van Der Beek as Will** — Status: Recently divorced
- **Kevin Connolly as Bobby** — Status: Married with kids
- **Majandra Delfino as Andi** — Status: Married with kids
- **Brooklyn Decker as Jules** — Status: Newly engaged
- **Rick Donald as Lowell** — Status: Newly engaged
- **Zoe Lister Jones as Kate** — Status: Single

Dawson's streak

Still obnoxious, but not playing himself

The last time we saw James Van Der Beek on TV, he was playing a heightened version of himself on ABC's "Don't Trust the B— in Apartment 23." In "Friends with Better Lives," he's still not the most likable person on the block, but at least he's not Dawson again.

"The last thing I did, I played a completely bizarro human being who happened to share my name and four or five things on my résumé," Van Der Beek says.

But his favorite change in his return to television is playing in a new format. "The great thing about this is the live audience aspect," he says. "I started out in theater, so it's a lot of fun. I feel like the audience kind of keeps you honest. It's old school — it's an old school sitcom. You either get a laugh or you don't."

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DIEGO LUNA

The actor wanted to make his own films, including the new biopic "Cesar Chavez."

HIS OWN STORIES

Diego Luna ("Y Tu Mama Tambien") has been acting since he was a boy, but he says that's one reason he's made the switch to directing: He was getting anxious to tell his own stories. That includes the new "Cesar Chavez," a biopic about the great labor organizer (played by Michael Pena).

What is your own history with Cesar Chavez?
I didn't know much about him. In fact, it was the shame I felt that made me want to do this film. [Laughs] I remember the funeral from when I was a teenager. I remember the image of thousands of farm workers in the streets in California. I remember the wooden box he was in. It had no paint, no nothing. He was sending a message of equality even when he died — no luxury at all.

The film explores the difficulty of creating change.
It's about how a completely ignored community found a way to connect with consumers. That's why we focus on the boycott and those 10 years of his life, because what they did was ahead of their time. Instead of going straight to the industry and falling into violence, they talked directly to the consumer.

Actually, the film often looks timeless. There's not a lot of period stereotypes.
I wanted to avoid stereotypes in general. When I started researching, I realized how far Chavez was from the the Mexican-American stereotype — with tequila in his hand and a mariachi sombrero eating a chorizo burrito. This man was a vegetarian. He read Gandhi. His movement was nonviolent. They keep his office as he had it, and they allowed me to see it. I was shocked by the music he would listen to. It was all jazz — Charlie Parker, Miles Davis. No one would imagine the leader of farm workers, this Mexican-American, was a fan of John Coltrane. Well, he was.

MATT PRIGGE
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Quoted

"Our goal is to show that there's a market for these films, that there's an audience that wants to be fed, that wants to be represented."

Luna, on his production company, which focuses on Mexico and the U.S.

The money men

What were some of the difficulties of this size of production?

Everything was difficult. We would try to get financing from the studios. That was a big shock. Everyone was like, "This is an amazing idea, we're glad you're doing it, but we're not going to join." I heard things like, "Can you make it more sexy?" Someone literally said that. One said, "Can you have an A-list actor doing it, like Antonio Banderas or Javier Bardem?" I was like, "Have you seen Cesar Chavez?" It's almost like asking me, "Can you make it a non-Latino?"

You rarely find films about this community, about the Latino experience. The other day we were in a meeting in Chicago, and someone in the foundation said this was the first film about a Latino that is not from the entertainment business. It's ridiculous. The last film I remember being a biographical film about a Latino was "Selena." There's no other hit that has made it into the mainstream.

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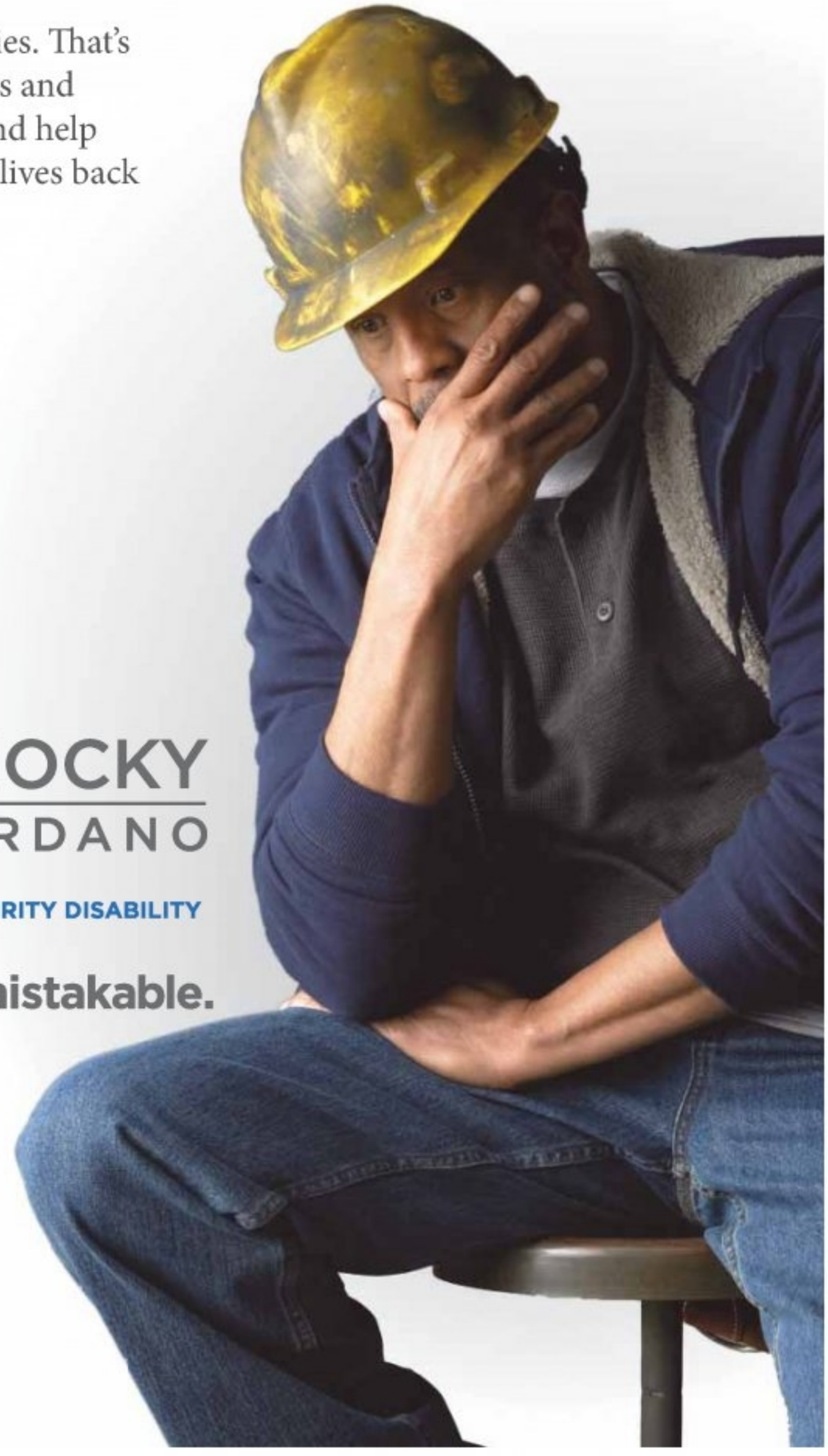

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When to know if you have a defamation case

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Be careful of what you say or post online. / ISTOCKPHOTO

Liar, liar. False statements that hurt someone's reputation could result in a damages payout.

If you only get one chance to make a first impression, what happens when someone ruins that chance with lies about you?

Defamation laws protect a person's reputation from false statements. Whether it's spoken (slander) or written (libel), making a defamatory statement about someone else can land people in a big legal mess with the potential for a big damage payout.

"We all have an image we want to project to the world — and if the defendant has said something to harm that image, there's a lot of emotion wrapped up in that," says Michael Twerksy, a partner at Fox Rothschild. "Anything that affects the impression people have of you is very, very hard to recover from."

With millions of social media posts and links to articles and videos online, it's also more likely a larger group of people will see or hear the defamatory statements. That can make potential harm caused much greater, Twerksy says.

"The loss of a job, your best friend won't talk to you, your girlfriend broke up with you — those are significant harms. And if they can be proven to be tied to the defamatory statement, that increases the damages that could be awarded," he explains.

If someone is posting things you just don't like online, that's not necessary defamation, however. Defamation cases need to meet three basic thresholds: the statement has to be false; at least one other person besides you and the speaker must hear or read the statement in order to prove your reputation was harmed; and it has to be a statement of fact. Pure opinions, at least those that don't allege something, are not defamatory.

Just don't expect to cloak a defamatory statement in "it's my opinion" — that won't cover you from a real defamation case, Twerksy adds.

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Damages

Just how much is your reputation worth?

It's hard to put a dollar figure on it, and that's why successful defamation cases result in a wide range of damage awards. Because harm to your reputation is at the heart of these cases, clients should arm themselves with basic information before seeking out an attorney, Twersky says.

You'll need some proof of the defamatory statement, so save evidence like screen shots of online posts you think bolsters your case. You'll also want an idea of how many people saw the statement.

"The more people that saw it, the greater the damage and the bigger the harm," Twersky explains. "The bigger the harm, the bigger the award."

Plaintiffs in Pennsylvania have one year from the date of the defamatory statement to initiate a lawsuit.

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How to prove you have a medical malpractice case

Differences. It's not just if a doctor misses something, it's also if he or she mistreats you.

When a misdiagnosis turns someone's life upside down or even kills them, there are legal protections in place to help the patient or family.

Medical practice lawsuits cover a wide range of issues, and misdiagnosis allegations make up a significant percentage of such cases. Misdiagnosis cases can cover both a doctor missing a diagnosis on a patient or diagnosing the patient with the wrong ailment. And when that happens, costly treatments and delays in care can quickly add up.

All medical malpractice cases in Pennsylvania need to prove three basic points, says Leonard Fodera of Fodera & Long.

"You need to show the doctor didn't do something he should have done or did something wrong," he says. "You need to show that it caused an injury, and that you suffered from that injury."

With misdiagnoses, the injury and suffering can include delayed treatment on a patient's actual condition. Take a woman who gets the all-clear from a mammogram, but a year later is diagnosed with breast cancer. When doctors check her original mammogram, they see evidence of the cancer from the previous year as well.

"She was misdiagnosed, and the damage is the difference in the growth of the cancer," Fodera says. "If you're diagnosed at the beginning stage of cancer, it could well be curable. If you're diagnosed with a later stage, it possibly is not curable."

Some misdiagnosis malpractice cases are relatively open and shut — a doctor fails to spot a heart attack in a patient complaining of indigestion or misses a fracture that heals improperly. But some cases, especially when a doctor considered but ruled out the correct diagnosis, can be in a gray area.

"In Pennsylvania, even before an attorney can bring a lawsuit, he has to have the case reviewed by a competent medical professional — another doctor," Fodera says. "In Pennsylvania, we really don't have frivolous malpractice suits because you have to have a doctor saying there is a basis for the malpractice case even before it's filed."

You could have two years or more to file a medical malpractice case in Pennsylvania. / ISTOCKPHOTO

FYI

How long to file

Most medical malpractice lawsuits in Pennsylvania must be filed two years from the date of the alleged incident, but misdiagnosis cases are part of some narrow exceptions.

Patients have two years from when the mistake was discovered to file paperwork.

Consider someone who had his appendix out. Everything seemed fine, but a year later, the patient suffers excruciating stomach pains. Tests reveal a sponge was left inside of him during the surgery. The clock on that misdiagnosis malpractice case doesn't start clicking until the sponge is discovered, instead of from the date of the appendix surgery.

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Nick Renzi has been protecting the rights of injured people for 20+ years.

Born and raised in South Philadelphia, Nick still resides there with his family. Nick lives by the principals of loyalty and dedication which he incorporates in both his family life and his dealings with others as a lawyer.

A South Philadelphia native who comes from a family of hard-working people who have held two or three jobs at the same time, Nick understands how dramatic an impact an injury can have on a person's livelihood.

Nick knows how important it is to obtain the maximum amount of money for those individuals who have been injured and unable to return to the work force.

Combining street smarts with a sharp wit, and an even sharper legal mind, he has obtained substantial recoveries for his clients. Nick's skills in front of a jury make him a top trial lawyer in the Philadelphia region.

Christy Adams is a hardworking, tough, aggressive trial lawyer who understands the unique and difficult issues faced by injured people. She comes from humble roots, with a father who was a career electrician and a mother who worked as a secretary for the president of Freehold Raceway in New Jersey. Growing up, she watched her father get up at the crack of dawn and go to work at an oil refinery, and watched her mother come home from her job to meet the demands of raising her children. She credits her parents with her appreciation for hard work and the people who do it. It was these life experiences that formed her deep commitment to fighting for the working person.

Christy holds the rare distinction of having been named a *Super Lawyer*, an honor given to no more than 5% of the lawyers in Pennsylvania. She has achieved many "million dollar plus" results for her clients, and has distinguished herself in the often complex and difficult field of construction litigation, successfully representing workers who were injured by defective ladders, trench collapses, trips and falls on construction sites, and many other incidents. She has also achieved outstanding results for people injured by defective products such as asphalt grinders, metal compactors, meat grinders and many other potentially dangerous types of equipment.

Separate your personal and business assets

LLC. Save yourself from legal trouble by establishing a small business.

Running a small business is risky enough, so entrepreneurs should take steps to separate their personal and business assets as much as possible. That's where a limited liability corporation, or LLC comes in.

LLCs divide personal assets from a business's assets and therefore limit business owners' liability in the face of legal trouble. An owner who doesn't have an LLC and is sued, for example, could see personal assets — such as a house, car or savings — at risk.

"The smaller you are, an LLC definitely tends to be the smart choice," says William Rush, found of Rush Law Group. "Litigation is such a risk, and any little thing can land you in court. If something happens and your business gets sued, it's the business and its assets on the table and not your personal assets."

LLCs aren't limited to any one field. From lawyers and doctors to contractors and dog walkers, an LLC is a safeguard. Owners can even form several LLCs to spread risk around, Rush explains. For example, an entrepreneur might have the business itself under one LLC, but form another to own the building and rent it to the first LLC.

"It's almost like a second, very cheap insurance policy in many ways," Rush says.

While your personal assets will be protected, an LLC's protection isn't absolute. Say you're a baker with a delivery van. If you take the van out on a personal errand after hours and hit someone while driving negligently, "you can't hide behind the LLC," Rush warns.

Establishing your company as an LLC can save you headaches later on. / ISTOCKPHOTO

Business owners don't even need a lawyer to form an LLC. Pennsylvania allows business owners to directly register their company with the state for $125, plus other nominal fees.

"It's shockingly cheap, and attorneys charge very little for a simple LLC. It's worth the money for an attorney because it's not that much at all," Rush says. "Even with the filing fees, you're looking at a couple hundred of dollars and you get your business off the ground."

Protect yourself

How to form an LLC

The first thing you'll need for an LLC is your business' name. It can be anything, as long as it's available and contains the words company, corporation or limited liability corporation. You'll also need a physical address (no P.O. boxes allowed) and the names of the LLC organizers.

Once you have that information, you can file the LLC paperwork with the Pennsylvania Department of State. It's available at the department's website.

While it's straightforward to establish an LLC, Rush does recommend contacting a lawyer for the operating agreement, which lays out everyone's roles in the business. The agreement is akin to a corporation's bylaws and most attorneys can complete it in an hour for you.

LAUREN BURGOON
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Beware of tax season scams

An IRS official will never ask you to pay owed taxes over the phone. / ISTOCKPHOTO

Hang up. IRS workers will never ask for your credit card information over the phone.

With income tax season upon us, taxpayers are warned of potential scams that pop up this time of year that could bilk people out of their hard-earned money.

One phone scam that has been identified in Pennsylvania is the "Internal Revenue Service" scam. Here's how it works: The phone rings and the caller on the other end identifies him or herself as an IRS worker and says the call's recipient owes back taxes.

Usually, this is followed by threats of arrest or deportation, unless the person settles the debt through a pre-paid debit card or wire transfer.

Taxpayers should immediately realize this as a scam. IRS officials will typically contact taxpayers by mail about any unpaid taxes owed. They will also never ask for payment with a pre-paid debit card or wire transfer. If anyone receives this call, he or she should hang up the phone immediately.

CHRISTINA PACIOLLA
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FYI

Other types of tax scams

Taxpayers need to protect themselves. Someone who may be a victim of identity theft should contact the IRS Identity Protection Specialized Unit at 800-908-4490.

Here are some other tax scams the IRS is warning taxpayers about.

Phishing: This is an online scam where a fake website lures users and prompts them with providing personal information making it easy for someone to commit identity theft.

If you receive an unsolicited email that appear to be from the IRS, report it by sending it to phishing@irs.gov. The IRS does not initiate contact or request personal information over email.

Return Preparer Fraud: More than half of taxpayers use a professional to prepare their returns. But they need to make sure they are dealing with a legitimate and honest tax preparer. Low-income families and senior citizens are the target of this scam, where tax preparers offer their services for a very low cost, or free, only to steal information.

Visit IRS.gov for information on reporting tax fraud.

Don't be a victim

Pennsylvania Attorney General Kathleen Kane offers tips that can help taxpayers avoid scams.

- Keep tax paperwork in a secure location.
- Shred any old documents.
- Do not click on any links or open any attachments in suspicious emails.
- Do not leave tax documents in your mailbox. Hand-deliver documents to the post office.
- Consumers with questions or concerns about possible scams can contact the Attorney General's Bureau of Consumer Protection hotline at 1-800-441-2555. IRS scam emails should be forwarded to phishing@irs.gov.

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Q: Am I covered by the Workers' Compensation Act?

A: The Pennsylvania Workers' Compensation Act was created to protect employees who are injured on-the-job or who develop a work-related illness which prevents them from working. Under the Act, an injured worker may be eligible for wage loss or medical benefits, depending on the particular circumstances of their case.

Q: What should I do if I get injured on the job?

A: If you are injured on the job, it is critical to report the injury to your employer as soon as the injury happens, even if it does not cause you to lose time from work. Report the injury to a supervisor or to the person responsible for preparing incident reports. Be descriptive. Provide details, including the date of the injury, the time of the incident, and the circumstances surrounding the injury. Leave no question to the fact that your injury was caused by your job.

Q: When should I report my injury?

A: Under the law, you have 120 days to report your injury to your employer. The obligation to report an injury begins as of the date you knew, or should have known, that your injury is work-related. You should keep in mind that if you fail to report an injury within 21 days of the incident, you will not be able to receive workers' compensation benefits, until the date you actually report your injury to your employer. The failure to provide timely notice of your work injury to your employer can and will forever bar you from collecting workers' compensation benefits for your injury.

Q: Can I be fired for reporting a work injury?

A: No. By law, you cannot be fired for filing a workers' compensation claim.

Q: How do I get medical treatment?

A: Under the Workers' Compensation Act, your employer is allowed to control your post-injury medical treatment for 90 days, but only if certain requirements are met. In order to control your post-injury medical care, your employer must not only post a list of at least six doctors in your workplace, but must also ensure that you have signed a Panel Acknowledgment (both before and after your injury), which indicates that you will treat with the designated doctors. If your employer fails to meet these requirements, you are free to treat with a doctor of your own choosing.

Q: How will I know if my claim is accepted or denied?

A: After you report your work injury, your employer must inform you of whether your claim has been accepted or denied through the issuance of certain documents. Your employer may opt to pay both wage loss and medical benefits or opt to pay for only medical treatment related to your work injury. Additionally, employers have the right to accept work-related injuries on a temporary basis, while they investigate your claim, over a period of 90 days, after which they can either accept or deny the claim. Lastly, your employer may elect to outright deny your work injury, meaning that no wage loss or medical benefits will be paid.

Q: Do I need an attorney?

A: The process of obtaining workers' compensation benefits can be both overwhelming and confusing. The benefit of having an experienced workers' compensation attorney on your side cannot be underestimated. The attorneys at Pond Lehocky Stern Giordano will fight to protect your rights under the Act, so that you can focus on receiving the medical treatment you need in order to recover.

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Why can't we be friends?

Cartoon. The relationship between a bear and a mouse gets a pretty bizarre tale.

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Review

'Ernest & Celestine'

Directors: Stephane Aubier, Vincent Patar and Benjamin Renner

Voices: Forest Whitaker, Mackenzie Foy

Rating: PG

A mouse and a bear become friends in the loopy "Ernest & Celestine." / GKIDS

The French-Belgian animated film "Ernest & Celestine" is about the friendship between a giant bear and a tiny mouse.

But it's not what you think.

This is an extremely loopy production, even as it radiates a powerful, soothing retro warmth. It's hand-drawn in squiggly, imperfect lines on white backgrounds that aren't always completely filled in. This makes it look like an old children's book that's long been tucked away in a box in your parents' basement.

And yet no old children's book is this weird. The mouse Celestine is an artist, whose drawings, she hopes, will take her away from dental school. You see, in this world, bears, who live up top, and mice, stuck underground, are engaged in a kind of Cold War. The mice go up to the surface only to take the baby teeth of cubs, which make for fine false teeth. (See? This movie's weird.)

When Celestine meets Ernest, he doesn't eat her, because she's very good, even at her young age, at calmly but forcibly talking her way out of predicaments. They join forces because they need each other: He requires food and she a bag of teeth.

The rest of "Ernest & Celestine" proceeds in this eccentric fashion. Based on Gabriel Vincent's books, the film offers the usual slowly dawning friendship and its expected lessons, like tolerance and overcoming mutual bigotry.

But these tropes are slathered in peanut butter, as you would feed pills to a dog. It's both charmingly French (or French-Belgian) and incorrigibly bizarre. Filmmakers Stephane Aubier and Vincent Patar previously made the incessantly offbeat "A Town Called Panic," which was animated with stop-motion action figures (like a cowboy, Indian and horse) who got into increasingly surreal misadventures. "Ernest & Celestine" is more sober than that, but it retains just enough weirdness to make you hope for plenty of sequels.

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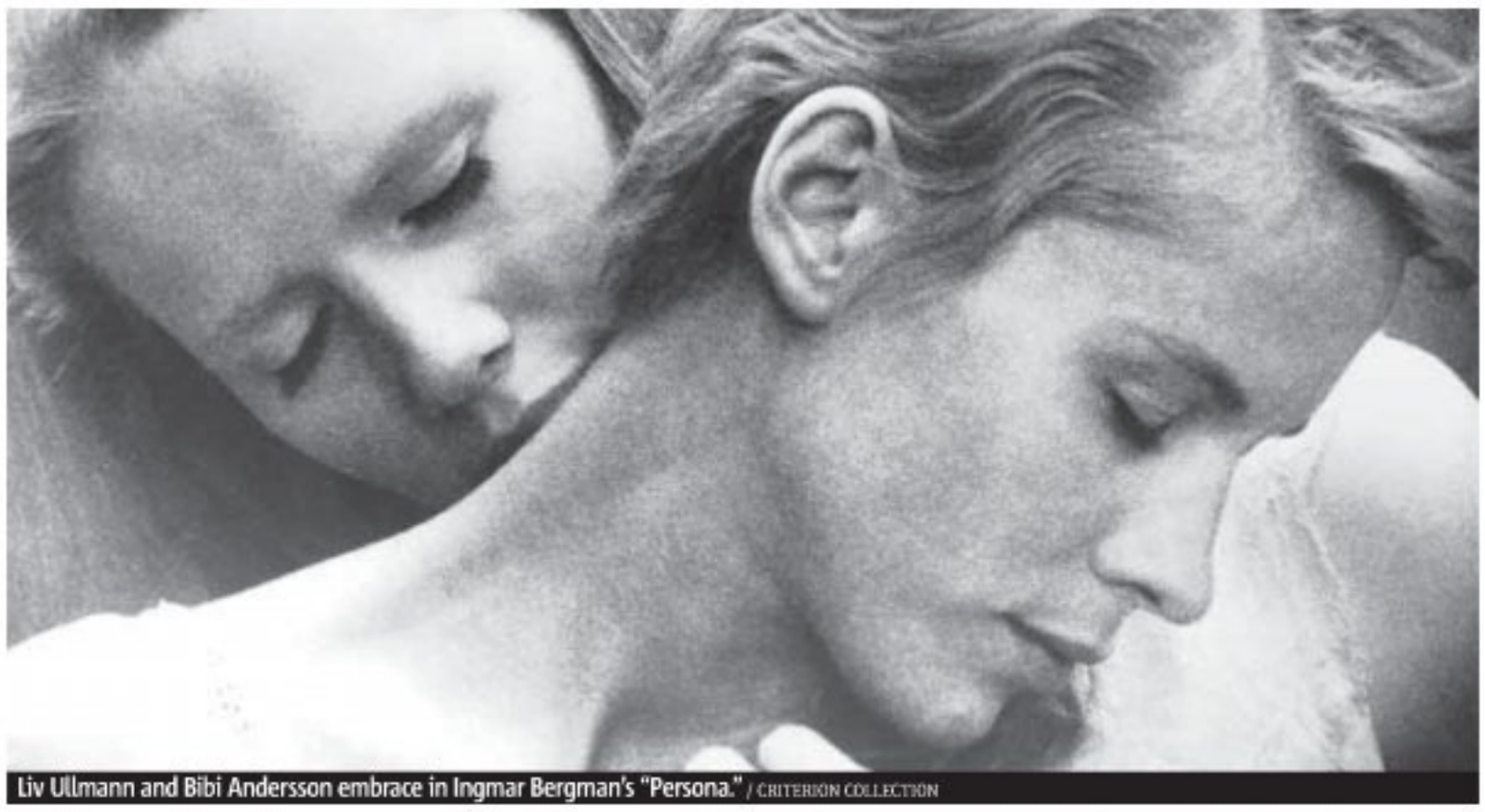

Liv Ullmann and Bibi Andersson embrace in Ingmar Bergman's "Persona." / CRITERION COLLECTION

The public reputation of morbid legend Ingmar Bergman is basically secure; even "Muppets Most Wanted" featured a "The Seventh Seal" gag, with Death playing chess with the Swedish Chef. But things weren't always smooth for the director. He helped birth the European art film in the 1950s, but by the '60s he'd been eclipsed by French New Wave. "Persona," from 1966, was return fire — a film both innovative and mysterious.

Since then, "Persona" has largely been treated as a head-scratcher, often described as being about two women — an actress (Liv Ullmann) who's gone willingly mute and a nurse (Bibi Andersson) tending to her — who switch identities. For starters, this isn't even accurate. What occurs between the two women is oblique, and lacks clear resolution. Only Andersson's Alma appears to change, and the only thing she swipes from Ullmann's Elisabet is her husband, for a dreamlike tryst. If it's a puzzle, it's missing a few key pieces.

Still, "Persona" saves most of its craziness for the last half hour. After a dazzling, cryptic six-minute overture depicting the violent coming-to-life of a film projector, it settles into one of Bergman's better dramas. Retreating to an island for respite, Alma finds herself opening up to her charge, as though they were lifelong besties. She starts confessing everything, even — in the film's most famous scene — that time she partook in an orgy with two boys and another girl.

But things between the two confidantes soon turn sour, and what happens is open enough to court many interpretations. But it's also a great platonic break-up movie, sketching a relationship from idyllic beginning to miserable end.

DISC JOCKEY MATT PRIGGE
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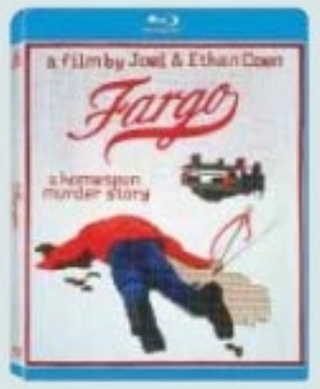
Don't cha know?

'Fargo'

Yes, there really is a "Fargo" TV series, which makes a lot more sense than a show from the Coens' other most popular film, "The Big Lebowski." Now's the time to revisit the 1996 original, which was considered a breakthrough for the filmmakers at the time and could now stand a bit of reevaluation.



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Life at Monticello to go on display

Contradiction.
A new National Constitution Center exhibit looks at Thomas Jefferson.

No one personifies the contradiction of slavery in America like Thomas Jefferson. The blight of a freedom-espousing nation that traded in human beings is embodied by the author of the Declaration of Independence being a lifelong slave owner. This spring, the National Constitution Center will explore that dichotomy in a new exhibit called "Slavery at Jefferson's Monticello," organized by the Thomas Jefferson Foundation at Monticello in partnership with the Smithsonian's National Museum of African American History and Culture.

The exhibit, says Susan R. Stein, vice president of museum programs, is an attempt to make slavery understandable to a modern audience. It provides historical context and brings to life the stories of the enslaved people at Jefferson's Virginia plantation and their descendants. "Slavery was pervasive in America at the time of the founding," she explains. "It was omnipresent, and the records that Jefferson kept allow us to know a lot about the lives of individual people and families. This show is in part about how central slavery was to America's economy, but the heart of the exhibition is about the lives of six enslaved families."

Those families include that of Monticello's most famous enslaved resident, Sally Hemings. As many as 70 members of the Hemings family lived at Monticello, spanning five generations, including Sally's six children most likely fathered by the third president. "The Hemings family arrived at Monticello in 1774 as part of Jefferson's inheritance from his father-in-law and eventually came to occupy the most important positions in Monticello's labor force," Stein explains. "They helped build the house, they made furniture, they cooked Jefferson's meals, they cared for his children and grandchildren, they took care of him in his final illness, they made his coffin, and they dug his grave."

If you go

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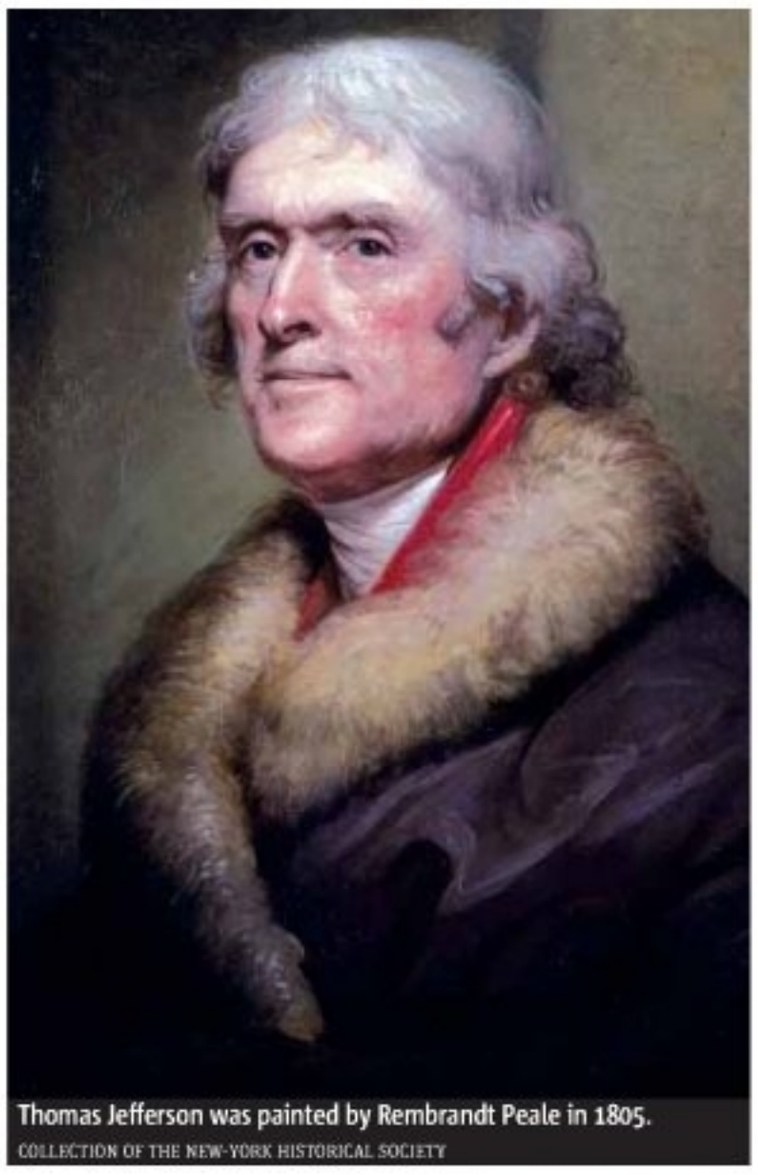

Thomas Jefferson was painted by Rembrandt Peale in 1805.
COLLECTION OF THE NEW-YORK HISTORICAL SOCIETY

On display

Powerful images

The exhibit includes several items owned by Jefferson, including an inkwell in the shape of the philosopher Voltaire, his Philadelphia-made eyeglasses and his whalebone, gold and ivory walking stick. A replica of the writing desk he used to pen the Declaration is juxtaposed with a circular wall listing the names of the 600 slaves who lived at Jefferson's plantations during his lifetime.

"It visually evokes the notions of liberty that we hold dear and juxtaposes that with the names of the enslaved people," Stein says. "That's a very powerful image to encounter."

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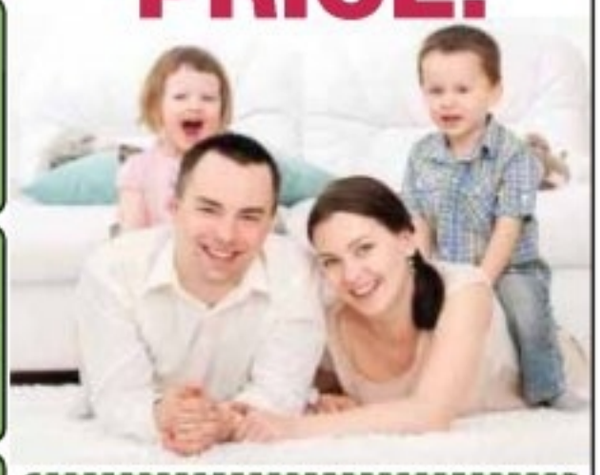

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Head outdoors with a positive attitude. / AMANA IMAGES

SPRING CLEAN YOUR MIND

This has been an epic winter, but snowstorms, a polar vortex and slush can't take us down. Jump start this new season with a great attitude and you'll get that spring back in your step in no time. Follow my advice for spring cleaning the inner you and get ready to feel fresh.

Shake it up

Movement cleanses your mind and body. If you feel stagnant, jump on a bike, take a stroll through the park or do 10 jumping jacks. Keep it simple by committing to move in some way every day. Ten minutes of movement daily will clear your mind and energize your body.

Meditate briefly

One minute a day spent in stillness can change your life. Give yourself the greatest clearing of all and start a daily meditation practice. Simply breathe in your nose for five seconds, hold your breath for five seconds and release for five. Practice this breathing pattern for one minute every day.

Zen In The City

GABRIELLE BERNSTEIN

WWW.GABBYB.TV

Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores on April 8.

Let it go

The age-old closet rule, "if you haven't worn something in over a year, throw it out," applies to the mind, too. If you've been obsessing over something out of your control for over a year, it's time to let it go. Get honest with yourself about how you've been holding onto an outcome. Begin the releasing process by simply saying once a day, "I am ready to let this go." This simple affirmation will ignite the releasing process and let the mental cleanse begin.

Recycle the junk

Much like it's hard to part with old clothing items, it can be hard to part with old ideas. So rather than drop the belief altogether, I encourage you to replace it with a new one. Once you identify the negative beliefs that you've been holding onto, you can rewrite the script. Reaffirm a new belief that is more positive and energizing. For instance, if you've been saying, "I can't lose weight," recycle that thought with the affirmation, "This spring I'm ready to let go of the extra pounds." Rephrasing your limiting beliefs will give you the positive reinforcement to clean your negative patterns.

Metro does not endorse the opinions of the author.

Yum. Lisa Lillien's new four-week plan incorporates her popular tips and recipes

Lisa Lillien — known to fans as Hungry Girl — didn't set out to create a diet when she started the Hungry Girl empire, which has spawned cookbooks, a TV show and sprawling digs in L.A. dubbed "Hungryland." But she found that the questions she kept getting were about putting her ideas — recipes, food swaps or general healthy living tips — into action. She consulted nutritionist David Grotto to come up with "The Hungry Girl Diet," a four-week plan that promises "big portions [and] big results." We chatted up the foodie maven to get the details.

It's whole-foods based. Lillien's recipes sometimes call for artificial sweeteners or packaged foods, but the basis of her diet plan is about eating clean. "There are so many ingredients that I use that are all natural, clean and perfectly aligned with what my brand is about. So I wanted to focus on those for this book."

You're encouraged to dig in. "I [found] ingredients that you can eat a lot of, that give you large volumes of food that are extremely satisfying," Lillien says.

It has rules you can live by. This isn't some start-and-stop diet; these are healthy-eating rules you can use forever. "People who have 20, 30, 50, 100 pounds to lose, they were repeating the plan and taking from it whatever they wanted, and they continue doing it."

MEREDITH ENGEL

Make it yourself

Her favorite morning meal

When she's short on time, Lillien loves Greek yogurt with red grapes, almonds and high-fiber cereal. But when she's in the mood to cook breakfast, growing oatmeal bowls are her dish of choice. Blip the photo to get the recipe.

Diet. Can a spoonful of MCT oil help you drop extra pounds?

Doctors and nutrition experts are buzzing about MCT (medium-chain triglyceride) oil and its benefits for weight loss. But is all the hype worth it?

MCT oil is usually derived from coconut oil (in some cases, palm oil), and you can put it in a smoothie, on a salad or just drink a tablespoon of it directly.

"The beauty of this oil is that it is digested very quickly and you get a quick rush of energy. In a way it works like a carbohydrate, but it's actually a fat," says Dr. Frank Lipman, an integrative physician who has his own brand of MCT oil as part of his Be Well line of supplements.

"It's good for your metabolism. I'm a big fan of fat, and I don't think people eat enough fat," he continues.

Fitness and nutrition expert Aimee Nicotera, previously of Canyon Ranch and Equinox, agrees with him.

You can take a spoonful of MCT oil straight or add it to foods and drinks. / POLKA DOT

Quoted

"Some of these studies have shown that MCT can actually help the process of calorie burning."

Aimee Nicotera, fitness and nutrition expert

"Some of these studies have shown that MCT can actually help the process of calorie burning," she says.

Lipman says both men and women, young and old, can reap the oil's benefits. He recommends starting with half a tablespoon, then working up to one whole tablespoon over time.

As for why MCT is trending, Lipman says:

"People are becoming more aware that fats are healthy. People were always scared of fat, but now they're getting used to the fact that fat is healthy. And I think that people like it because you get a quick rush of energy."

Nicotera adds that people are always looking for a way to get better results.

"If we can figure out how we can lose fat and still eat fat — that's the essence of what we're doing here — who doesn't want that?" **LASSE EMIL KRISTIANSEN**

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Don't reread, remember

Brainiac. Help your brain "Make It Stick."

Think repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of "Make It Stick: The Science of Successful Learning," out today. The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis. They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

Brown has filled "Make It Stick" with illustrative anecdotes to support the academic theories. "When I heard what [Roediger], McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear."

For example, rereading texts and repeatedly practicing something won't really help you learn. In fact, most intuitive modes of learning also came up short. The book's suggested practices say that learning must be arduous. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?
The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory.

How does that work?
When the brain encounters new information, the representation of that is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

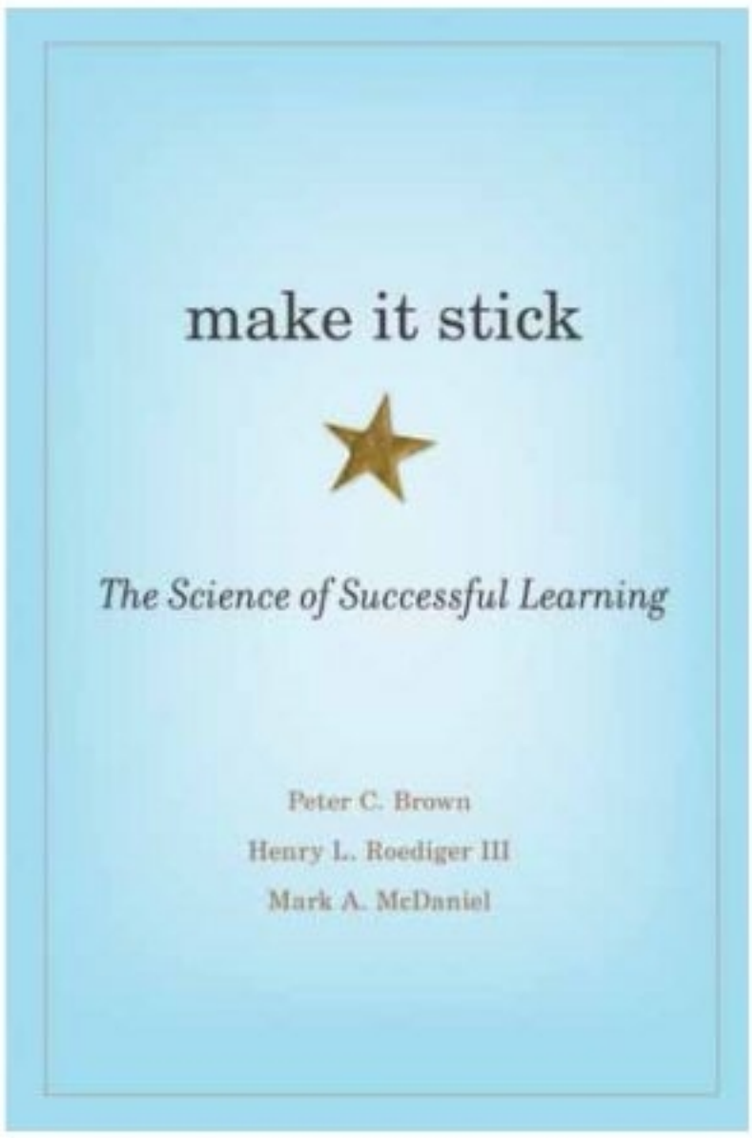
And then you suggest switching things around?
It's the arduous retrieval practice that strengthens learning. When you mix up your practice, and the retrieval is more difficult because you're constantly switching between different topics, and it doesn't feel like you're mastering them, you are building complex neural connections and a more versatile ability to recall and apply the learning later.

JANE BORDEN
@metronewyork
letters@metro.us

Difficulty sticks

"Don't bother rereading the text or watching the instructional video repeatedly," says Brown.

- "Instead, review the instructional material once or twice, then test yourself on the knowledge: Explain it, or practice the skill," he says, adding that it's good to also leave the material alone for awhile. "Retrieve it from memory again when you're a little rusty. When you're struggling, it's great because that means your brain is engaged."



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Advice. Forget the campus career center

Attending events where you can meet alumni and fellow career-seeking students is certainly smarter than spending a day watching reruns, so get out there. / COLOURBOX

Gone are the days when students could rely on their college career centers to prepare them for the real world — now it's on them. Students have to seek out opportunities on their own. In a new study by my company and Internmatch.com, we found that almost half of students aren't using their career centers, opting to use online resources.

What's most alarming is that 61 percent say career centers are either never or rarely effective in helping them land a job. Clearly, it's smart to take matters into your own hands. Here are my tips on how to make it happen:

1 Be proactive: Attend as many career-oriented events as possible. If your school is bringing in a guest speaker or hosting a roundtable with alumni, you should attend. The worst outcome from going to an event like that is learning more about a different industry, and the best case is making a new connection.

2 Get your campus career center to introduce you to alumni in your field. The most important asset that career centers have is their alumni database. Instead of just going into a meeting with your career counselor about your résumé and cover letter, ask for introductions to alumni that are employed at companies you're interested in. That connection is way more important than the format of your résumé!

3 Use online platforms to educate yourself. Don't rely on your career center as the single place where you learn job skills. Instead, turn to online resources like Udemy.com, Coursera.com, KhanAcademy.com, SkillShare.com and Udacity.com. Based on your profession and industry, you can learn vital skills that will translate into new opportunities.

Dan Schawbel is a workplace expert, keynote speaker and author of the New York Times best-selling book, "Promote Yourself: The New Rules For Career Success."

Unplug

Handshakes matter

5 Meet people face-to-face to build your soft skills. In a past survey, we found that 40 percent of students feel like technology has hurt their soft skills, such as the ability to interact and build relationships face-to-face. Make sure you are disconnecting every day so that you can meet people and form stronger connections that can lead to jobs.

Quitting to get ahead

See more at www.metro.us

It's over. Leaving a job that is bringing you down can be a big boost.

Over and over, people are told that "quitters never win." But in "Mastering the Art of Quitting," readers are shown that learning how to let go can actually make them happier. The book, written by Peg Streep and Alan B. Bernstein, argues that quitting can be beneficial and that letting go might be a solution.

The book looks at how to fully disengage from goals that are unproductive. It also gives advice on handling the emotions involved in quitting and how to create better objectives moving forward. It is a "myth of persistence" in today's society that causes a fear of quitting for many people. "Sometimes you merely get stuck running in place," Bernstein says. "What we argue in the book is there's really an art to de-escalating your connection to where you've been and disengaging."

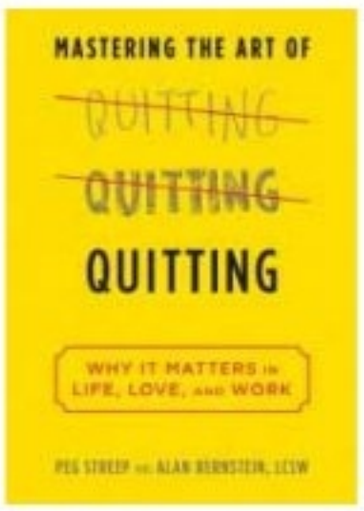
Of course, the decision to quit something can be a very difficult one. Bernstein describes making that decision in a two-step process: "You have to make an intellectual decision to disengage," Bernstein says. "Then you have to make an emotional one: You have to realize it's going to feel lousy. You're going to start feeling angry, but then, hopefully, you're going to make a decision to reactivate yourself."

Choosing to reactivate involves an evaluation of goals. Finding the best way to meet those goals is an important step in the art of quitting. "That leads to a change in motivation where you decide where you're going to go," Bernstein says. "If you're really dedicated and want to get out of this, you write it down. You prepare yourself by deciding what [are] the potential downfalls of your new direction."

Bernstein also lays out several different factors that hold people back from cutting the cord. These factors support the so-called myth of persistence. "The sunk cost fallacy goes into any situation where [you say] 'I put so much into it, I should stay with it.'" That's not always a good solution.

Another factor the book highlights is the idea of unconscious bias, which is when "you get just enough praise to feel that 'next time I'll do it better,'" says Bernstein. "There's a hopefulness that comes from unconscious bias, but it ends up making people very anxious."

Not all quitters are bad. / BLEND IMAGES



Take care

Address your needs

Overcoming your unconscious bias and sunk cost fallacy lets you acknowledge a bad situation and move on.

"Psychologically, it frees you from the idea that you must persist," Bernstein says. "It places persistence as an equal, opposite force to disengagement and choosing another goal. Secondly, you train yourself to go about the business of making new goals and writing them down."

Becoming happier, Bernstein argues, involves advancing toward goals you truly care about. "Are you moving closer to your intrinsic needs?" Bernstein says. "Mastering involves advancing your intrinsic goals and minimizing the parts of your life that are working against you." So go for it.

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Horoscope

♈ Aries | March 21-April 20. Use your energy wisely. Impress your employer with your abilities and willingness to tackle anything. Your efforts will be noticed and rewarded.

♉ Taurus | April 21-May 21. Stick to what you know and do best. Don't rely on colleagues to finish what you start. You will end up gaining nothing.

♊ Gemini | May 22-June 20. Change is in the air. Now is the ideal time to focus on your living space. Spruce up your home or look into a property investment.

♋ Cancer | June 21-July 22. Get out and mingle. Sign up for a new activity. You are likely to meet someone who shares your interests.

♌ Leo | July 23-Aug. 22. Your optimism could lead to trouble. Dreams are good to have, but deal with practical matters first. Focus on your career and your financial situation.

♍ Virgo | Aug. 23-Sept. 22. Your artistic abilities will be on display. The children in your life will be delighted to share a hobby with you, and you can enjoy things through youthful eyes.

♎ Libra | Sept. 23-Oct. 22. You may feel as though you are stuck in a rut. Take time to catch up on your reading or finish a project that you had put aside.

♏ Scorpio | Oct. 23-Nov. 21. Keep your emotions in check. Although an interesting change may be taking place, you mustn't act in haste.

♐ Sagittarius | Nov. 22-Dec. 21. Your attention to detail will attract an influential person. Don't take on too many assignments at once, or you may fall short. Call in favors.

♑ Capricorn | Dec. 22-Jan 20. You may be uncertain and lack direction. Be honest about the way you feel. Spending some time with youngsters.

♒ Aquarius | Jan. 21-Feb 18. Strive to do your best, and don't allow criticism to upset you. Be confident in your judgment — you will make wise choices.

♓ Pisces | Feb. 19-March 20. Don't hesitate to speak your mind. Accept an invitation that allows you to meet new people and broaden your outlook and interests. BERNICE BEDE OSOL

Sudoku: Easy and hard

	7				6			8
			9	5		4		3
1	5					6		
		9		4	8			
2	4						5	6
			6	9		2		
		5					4	1
4		1		7	3			
8			4				2	

		6		8			9	
					3	2		
		3			6		1	8
		4		2	7			9
1			3		4			2
7			8	9		4		
9	1		4			6		
		2	6					
	5			1		8		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Won't print? No problem

Re: 'CTRL + (S)ave the world' (Metro, March 27) To non-techie Harvey Wachtel: I'm a techie who has trained non-techies for years. It's generally up to website designers to make things easier for you — it's called marketing — so occasionally you'll see "download as PDF," and there's your "save" feature. You can also purchase Adobe Acrobat or Distiller: Each will set up a new printer called "PDF" so that whenever you print anything from any website or application (Word, Excel, Outlook, etc.), you can send it instead to a PDF file.
J. ANDREW SMITH, VIA EMAIL

Letter writer Harvey Wachtel made a good point about always having to print confirmation pages for transactions. I have a solution that may be helpful to Harvey and others: Alt + Print Screen. (This is comparable to a screen shot on smart phones.) You can take a "print screen" of your confirmation pages, paste the image in an email to yourself or in a document, and you have it in your records! You can go as far as having a folder specifically for receipts and confirmation pages on your computer in your email. Simply use the title/subject line as your means to describe the transaction and it serves as a way to keep them organized.
KIRAN LORICK, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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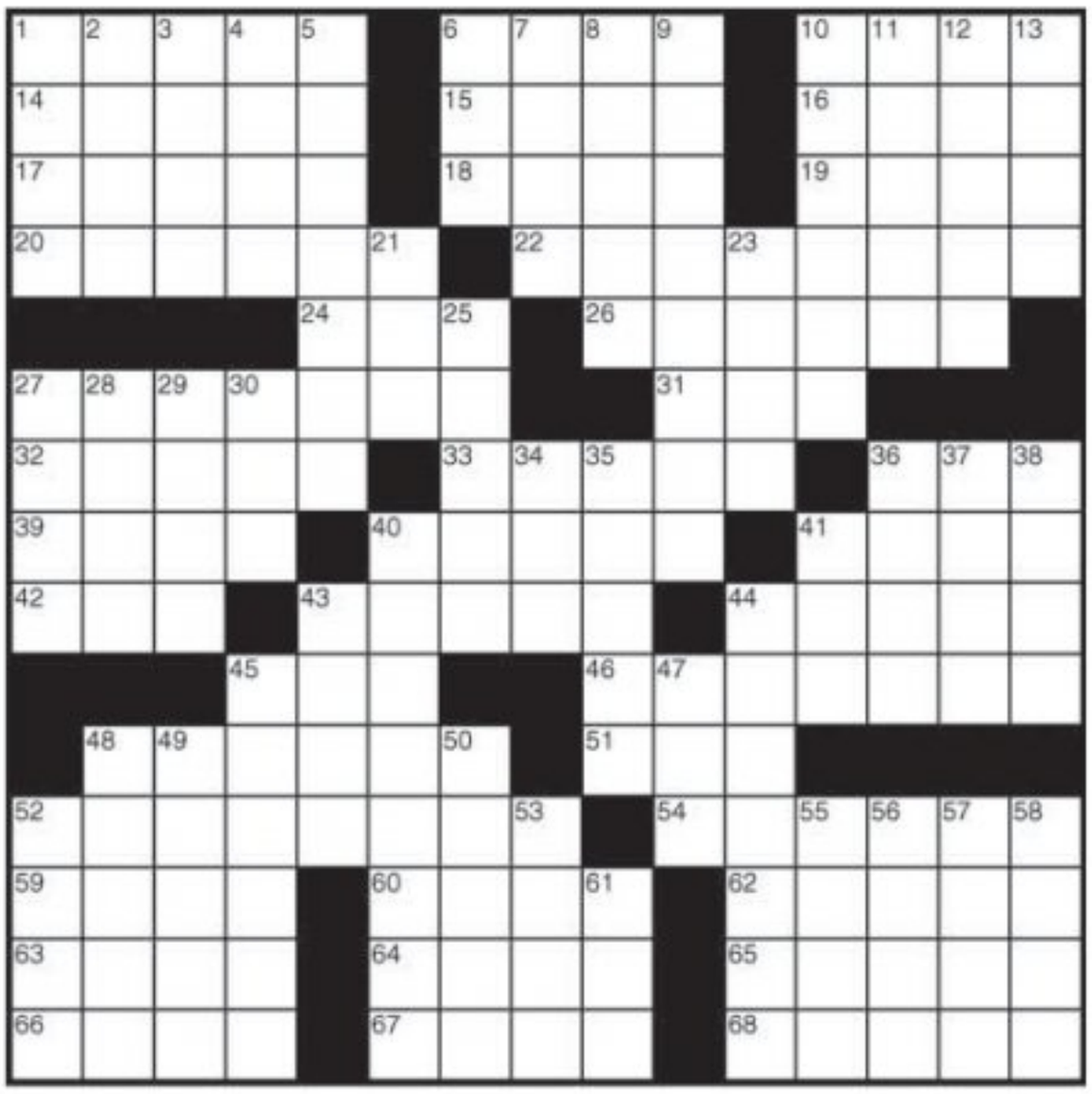
Across
1 Batman's foe
6 Tick off
10 Bloke
14 Comic-strip queen
15 Freedom org.
16 Perambulate
17 Astronaut-turned-senator
18 Bargain
19 Dietary need
20 Pay
22 Dazzling
24 Winter Games grp.
26 Phonied up
27 Phoenix locale
31 Umbrage
32 Equip anew
33 Teen events
36 Lime cooler
39 Kiddie talk
40 Hint
41 Problem
42 Lennon's beloved
43 Bandmate of Mick
44 Lawn care brand
45 Keane of "Family Circus"
46 Necessitates
48 Rang
51 "Nonsense!"
52 Enticing the gullible (2 wds.)
54 Cashmere kin
59 DOS alternative
60 Maraud
62 Bea Arthur sitcom
63 Nota —
64 Klein of fashion
65 Mayflower pilgrim
66 TV genie portrayer
67 Cookout
68 Unwanted sound

Down
1 Sprees
2 Earthen pot
3 Hull part
4 Sicilian spouter
5 Grew profusely (2 wds.)
6 In a snit
7 Chills
8 Book jacket parts
9 Type of employee (hyph.)
10 Shrink
11 Vast multitude
12 Give a wide berth
13 Hang fire
21 Not hither
23 What the walls have?
25 Romantic isle
27 A Guthrie
28 Jockey's brake
29 In that case (2 wds.)
30 Address part
34 Tell on
35 Yellow pigment
36 Debate side
37 Wonka's creator
38 Self-images
40 Email predecessor
41 Tijuana "Mrs."
43 Brick baker
44 Hassock
45 Karen — (Isak Dinesen)
47 — de plume
48 Firmed up, as muscles
49 Speculate
50 Ms. Keaton
52 Country yokel
53 1492 caravel
55 Bright ring
56 Imported car
57 Bad day for Caesar
58 Ms. Russo
61 Pa. neighbor



Weekend's answer

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Top 10 Phillies storylines

The slate is clean for the Phillies as Ryne Sandberg's squad opens the season today against the Rangers in Arlington. There are a number of questions and plenty to watch for as this expensive team with an aging core tries to rebound.

ED CONDRAN
sports@metro.us

Many key members of the Phillies' potent 2008 offense that won the World Series are returning. / GETTY IMAGES

1 The Phillies' offense is key to their success

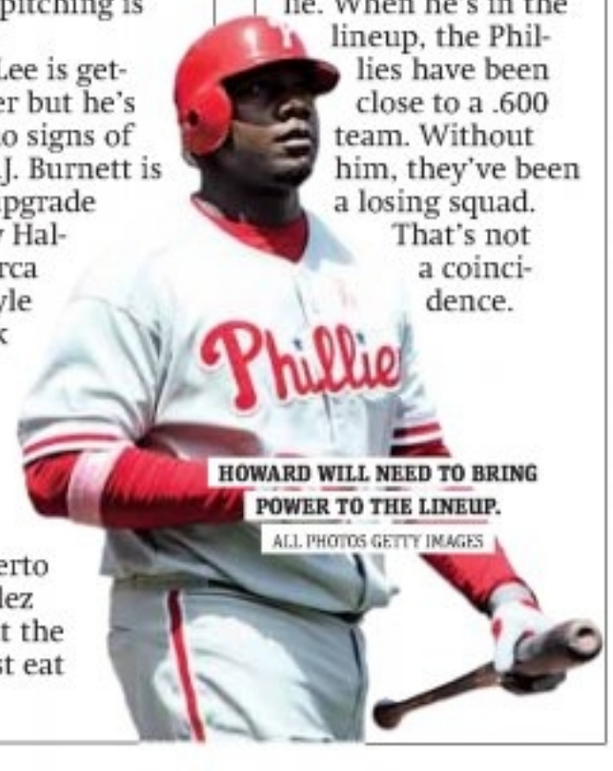
The Phillies faithful will be looking for offense of any kind, but that doesn't mean that it will appear. The bats were ominously quiet throughout spring training. It's no surprise the Phillies posted the worst spring record (9-17-3) since they averaged a less than anemic 3.52 runs a game, last in the MLB. That's even less than what the team averaged during the toothless 2013 campaign (3.77 runs per game).

"I don't see how the Phillies offense is going to generate more runs than it did last year," an NL scout said. "The guys they're depending on are a year older. If they don't score more runs than last year, their season is finished before it starts."

2 Starting pitching a strength

Even with Cole Hamels missing the first month of the season, the Phillies starting pitching is strong.

Cliff Lee is getting older but he's shown no signs of aging. A.J. Burnett is a huge upgrade over Roy Halladay (circa 2013). Kyle Kendrick is one of the league's better fourth starters. Roberto Hernandez should at the very least eat innings.



HOWARD WILL NEED TO BRING POWER TO THE LINEUP.
ALL PHOTOS GETTY IMAGES

3 Can Howard stay healthy?

If the Big Piece goes down, the Phillies will be done. Howard is a historic run producer. The numbers don't lie. When he's in the lineup, the Phillies have been close to a .600 team. Without him, they've been a losing squad. That's not a coincidence.

4 The Byrdman returns

Fans didn't exactly dash to the ticket office after the Phillies signed Marlon Byrd to a two-year, $16 million deal. However, Byrd will prove to be a bargain. He's a right-handed power bat that destroys lefties, and he's a vocal guy in the clubhouse.

5 Rollins must contribute

J-Roll knows there's a new sheriff in town. Ryne Sandberg benched Jimmy Rollins for three games in Florida. It's clear Sandberg will not accept a player who fails to gut it out every day and every play.

6 Will the bullpen bounce back?

The pen is the most volatile part of a team. You never know with these guys who are pitching in relief because they're not good enough to be starters. But there is hope for the Phillies this season with some talented new faces on the squad.

7 Sandberg brings Phillies discipline

It was difficult to watch the Phillies run the bases and play defense last season. Players ran the team out of innings. Cutoffs were missed. The fundamentals were sorely lacking during Charlie Manuel's final season with the club.

Sandberg is well aware of those problems, and he worked on the basics ad nauseam during spring training. The Phillies, like it or not, had to work on the simple things.

8 Asche takes over at the hot corner

Cody Asche has a major league glove. Asche is a very good defensive third baseman. During his late-season stint, Asche was more than solid at the hot corner.

There are questions about Asche's bat but he should be serviceable at the plate. Too bad the Phillies need more than average production from third base.

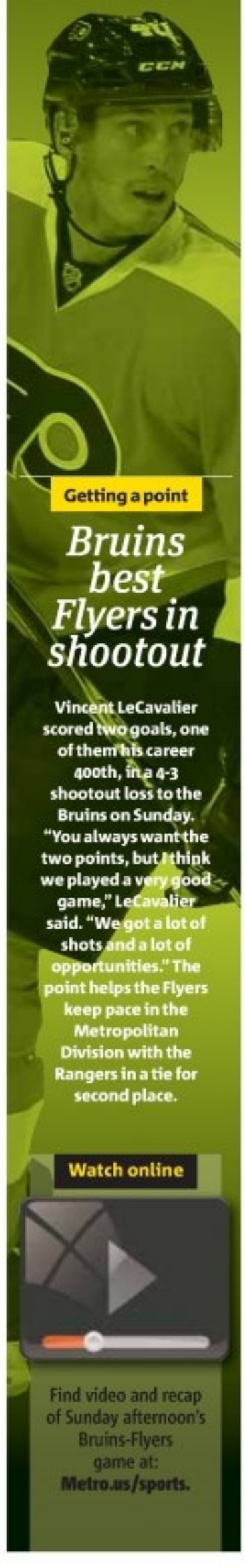
9 Can Revere endear himself to fans?

Ben Revere struggled out of the gate last season but found his groove in June, and was the Phillies' best player until he broke his foot in mid-July. Revere had a very good spring: He hit over .300 and played a solid center field.

"You can count on me this season," Revere said. "I grew up. I think I can take it to another level this season."

10 Brown must prove he's the real deal

Domonic Brown has to come through. After Howard, Brown is the biggest bat in the lineup. Can Brown replicate his sterling first half of 2013 (23 homers and 67 RBIs), which led to All-Star status? He has all the tools to be a star and is capable of having a big season, despite a bad spring.



Getting a point

Bruins best Flyers in shootout

Vincent LeCavalier scored two goals, one of them his career 400th, in a 4-3 shootout loss to the Bruins on Sunday. "You always want the two points, but I think we played a very good game," LeCavalier said. "We got a lot of shots and a lot of opportunities." The point helps the Flyers keep pace in the Metropolitan Division with the Rangers in a tie for second place.

Watch online

Find video and recap of Sunday afternoon's Bruins-Flyers game at: **Metro.us/sports.**

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Washington, Atlanta likely to vie for East

MLB. The Phillies are no longer the dominant force in the NL East.

The torch has been passed to Bryce Harper and the Nats. / GETTY IMAGES

It wasn't long ago that the Phillies were in the conversation, annually, about the teams favored to take the NL East crown.

But with the Phillies injury-prone and coming off lackluster 2012 and 2013 campaigns, those days are long gone.

Washington Nationals
The Nationals rotation is stacked — led by Stephen Strasburg, Doug Fister, Jordan Zimmermann and Gio Gonzalez.

They also have a talented offense anchored by outfielder Bryce Harper, and a deep bench. Look for the Nats to approach or even exceed 95 wins in 2014.

Atlanta Braves
The Braves are a very close second to Washington, with a star-studded lineup that includes Jason Heyward, Freddie Freeman and the Upton brothers.

The Braves also have the strongest bullpen in the East, led by arguably the best closer in the league, Craig Kimbrel.

Philadelphia Phillies
Philadelphia could finish as high as third, and as low as fifth (by ESPN's prediction).

If they can at least stay a little bit healthy, they should be able to win 75 or 80 games.

New York Mets
A full season of Curtis Granderson and David Wright will help the offense, but the pitching staff will miss Matt Harvey.

Miami Marlins
The Marlins have impressive young talent, namely Jose Fernandez, but their offense is depleted, as is their bullpen.

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Breaking down the Phillies

MLB. Metro takes a look at the Phillies' opening day roster.

The Phillies aren't dressing their best 25 players, not by any stretch.

With Cole Hamels, Mike Adams, Freddy Galvis, Darin Ruf and a handful of others on the injured reserve to start the season, the team will need to tread water until some key players return to playing form.

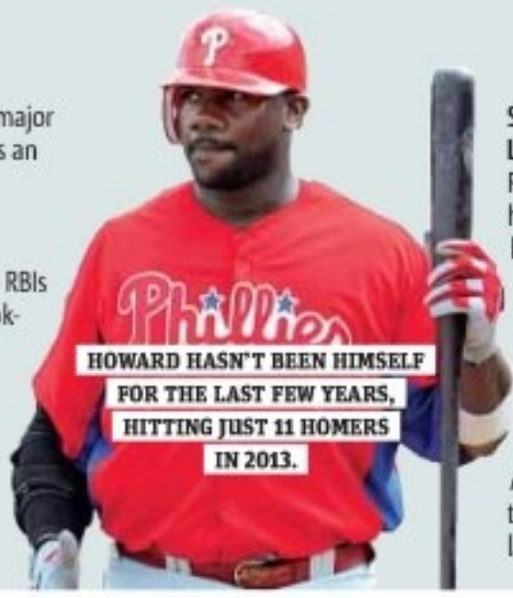
EVAN MACY
@evan_macy
evan.macy@metro.us

INFIELDERS

C: Carlos Ruiz
Last year: .286, five HR, 37 RBIs
Ruiz, even after an incredible offensive year in 2012, is a great defensive catcher and game-caller first. Anything else he chips in is a bonus.

1B: Ryan Howard
Last year: .266, 11 HR, 43 RBIs
Howard at his best can lift the Phillies offense on his back and give the rotation the run support it needs. But at 34 years old and coming off two major injuries, his production is an unknown.

2B: Chase Utley
Last year: .284, 18 HR, 69 RBIs
Utley, like Howard, is looking to stay healthy for a full season. If he is able to replicate last year's numbers he will show he deserves the third spot in the Phillies' order.



HOWARD HASN'T BEEN HIMSELF FOR THE LAST FEW YEARS, HITTING JUST 11 HOMERS IN 2013.

SS: Jimmy Rollins
Last year: .252, 22 SB
Rollins won't be leading off, but his speed on the bases will only be an asset if he can improve last season's .318 on-base percentage.

3B: Cody Asche
Last year: .235, five HR, 22 RBIs
Asche earned his spot in spring training and down the stretch last year.

OUTFIELDERS

LF: Domonic Brown
Last year: .272, 27 HR, 83 RBIs
Brown was the hottest player in the NL near the All-Star break last year, but injuries slowed him down.

CF: Ben Revere
Last year: .305, 22 SB
Leading off, Revere has the right combination of hitting for average and speed on the base paths.

RF: Marlon Byrd
Last year: .291, 24 HR, 88 RBIs
The Phillies brought back Byrd after a career year with the Mets and Pirates. If he can hit for power, he can impact the lineup.

BEN REVERE BRINGS ELITE SPEED AND DEFENSE TO THE PHILLIES OUTFIELD.

ALL PHOTOS GETTY IMAGES

PITCHERS

Cliff Lee
Last year: 14-8, 2.87 ERA
Lee looked ready to go in spring training and has always been an anchor, no matter what rotation he is in. The lefty will make his second career Opening Day start with Hamels on the DL.

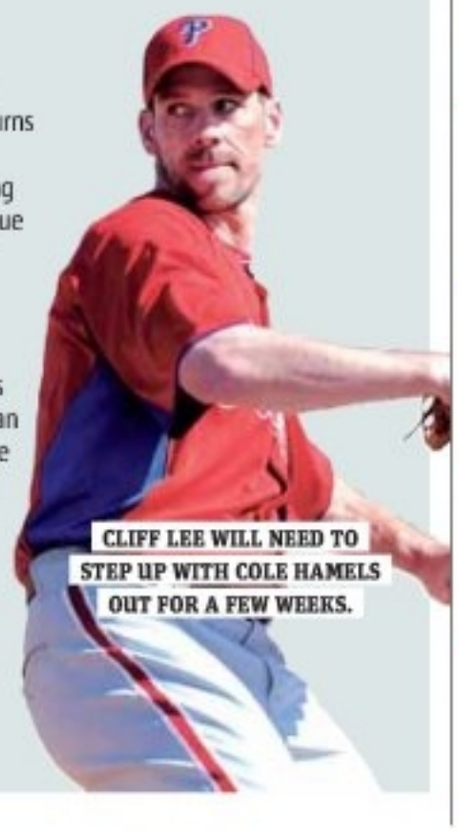
Cole Hamels
Last year: 8-14, 3.60 ERA
Hamels will be back in three weeks or so, and once he returns fans can only hope he gets some run support after getting some of the worst in the league in 2013.

A.J. Burnett
Last year: 10-11, 3.30 ERA
He has won at least 10 games for nine straight years and is an innings eater. Exactly what the Phillies need in the middle of their rotation.

Kyle Kendrick
Last year: 10-13, 4.70 ERA

Roberto Hernandez
Last year: 6-13, 4.89 ERA

Bullpen
Left-handers: Antonio Bastardo, Jake Diekman, Mario Hollands
Right-handers: Justin De Fratus, Brad Lincoln, Jeff Manship, B.J. Rosenberg
Closer: Jonathan Papelbon



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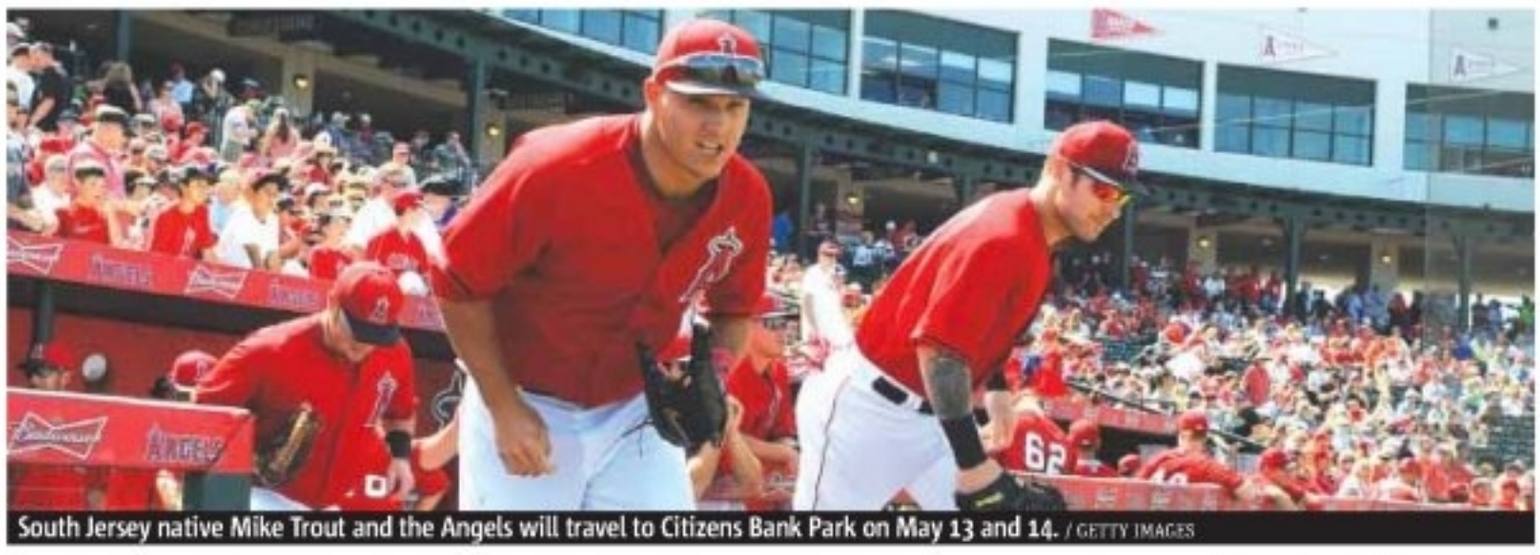

South Jersey native Mike Trout and the Angels will travel to Citizens Bank Park on May 13 and 14. / GETTY IMAGES

Phillies games to keep an eye on this season

MLB. With 162 games in a baseball season, it's hard to keep track — we've got you covered.

The Phillies start the season, interestingly, on the road and with an interleague matchup with the Rangers. Their first NL East game won't be until the 10th contest of the season.

It also isn't long before the Phillies make their first trek west, facing off against the Rockies, Dodgers and Diamondbacks in the fourth week of April.

The Phillies, assuming they play well in the friendly confines of Citizens Bank Park, should be able to make up some ground in May, playing 19 of 27 games at home during the month. Two of those home games will be against the Angels, as superstar (and South Jersey product) Mike Trout makes his first trip to the Philadelphia area as a professional.

As the dog days of summer approach, the Phillies, if healthy, could be vying for a Wild Card spot.

If they are in the mix, it will be a tough schedule down the stretch, with the Phillies playing most of their games on the road in September, including a road trip to San Diego, Oakland and then Miami prior to the final series of the season, at home against division rivals the Braves.

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76ers finally snap record-tying streak

NBA. The 76ers came to life in a 25-point win to end their 26-game losing streak.

When the final buzzer sounded, the 76ers players were jumping up and down like they had won a playoff game. In essence, they had.

The Sixers snapped one of the most maddening streaks in franchise history with a 123-98 victory over the Detroit Pistons on Saturday night at the Wells Fargo Center.

As a result, the Sixers didn't set a dubious record for the most consecutive losses in NBA history. They're now tied with the 2010-11 post-LeBron James Cleveland Cavaliers with 26 straight losses.

Quoted

"I think that behind the scenes and the direction that we're taking, the program is truly on track. I'm proud of what we've done off the floor.

Brett Brown

It's been a long time since the Sixers celebrated a victory — Jan. 29, to be exact, following a 95-94 victory at Boston. The winning basket in that game came from Evan Turner, who currently plays for the Indiana Pacers.

The last home victory came Jan. 15 against the Charlotte Bobcats. Lost in the overall skid was the fact that the Sixers had dropped 18 straight home games, just one shy of tying the all-time mark of 19, set by the 1993-94 Dallas Mavericks.

"We come into every game thinking we're going to win," said Sixers guard Tony Wroten. "We don't expect to lose. This thing happened and we've had to deal with it, but we haven't talked about [it]. We just go to practice every day, trying to get better."

Since the day he was hired, coach Brett Brown has talked about the long term. He's in it for the long haul and has refused to get down during these difficult times.

"Our judgment day won't be today, and it won't be tomorrow," Brown said. "We're on a three- to five-year plan. Obviously, we want to win. We want to win every time we come on the floor. I coach to win. Our players play to win."

Tony Wroten and the Sixers can rest a little easier now that the streak has ended. / GETTY IMAGES

Thaddeus Young has been to the playoffs and is used to winning. He has never experienced anything this frustrating.

For the longest-tenured member of the Sixers, this was a sense of relief.

"I'm happy for all the guys in this locker room," Young said. "Everyone has put in the work. It's been a tough season. It is what it is and we've just had to work through it. It is nice, however, to be rewarded with a win for all that hard work."

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Regional non-profit housing and community development agency is seeking an experienced Secretary-Receptionist to perform front desk duties, administrative, clerical and program support to senior management and housing counseling staff. Must have exceptional telephone etiquette with a clear, pleasant and professional voice. Must type a minimum of 60 words per minute and have the ability to take notes, type reports, compose and edit general correspondence. Must be proficient in MS Office Word, Excel, Access and Power Point. Internet and social media savvy a plus. A minimum of three (3) years of relevant secretarial, administrative or customer service experience desired. Associates degree, junior college or business school training preferred. High school diploma with significant experience is acceptable. Salary: $21,000 - $25,000 with benefits, depending on skills and qualifications. PCCA is an equal opportunity employer. Respond to HR@philapcca.org by April 10, 2014.

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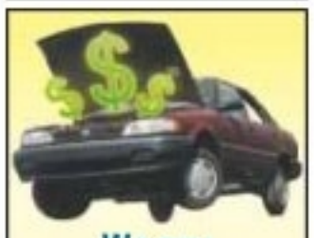
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Notices

STATE OF NEW MEXICO, COUNTY OF DONA ANA, THIRD JUDICIAL DISTRICT

ASHLEY ORTEGA No. D-307-DM-2013-7217
Petitioner v.
KARAIM JOSHUA TUCKER
Judge: Lisa C. Schultz
Respondent

SUMMONS THE STATE OF NEW MEXICO TO:
KARAIM JOSHUA TUCKER
4446 Corwithan St.,
Philadelphia, PA 19136

Greetings: Karaim Joshua Tucker: You are required to serve upon Carlos Quinonez Attorney at Law, an Answer or Motion in response to the Petition for Divorce with custody which is attached to this Summons within thirty (30) days after service of this summons upon you, exclusive of the day of service, and file a copy of your answer or motion with the court as provided in Rule 1-005 NMRA. Attorney for Petitioner: Carlos Quinonez, 11890 Vista Del Sol, El Paso, Texas 79936. WITNESS the Honorable Lisa C. Schultz, District Judge of the Third Judicial District Court of the State of New Mexico, and the seal of the District Court of Dona Ana This 30 day of August, 2013. CLERK OF THE DISTRICT COURT BY JODIE CASTILLO-DELGADO, Deputy.

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